



## Cope strategies for victims of sexual violence in adolescents: Scoping review

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### ABSTRACT

Sexual abuse that occurs during adolescence can affect its development in various aspects of life. The stressful situation experienced by the victim has an impact on the physiological, psychological, and social. Individuals will do coping to overcome them. Adolescents often fall into maladaptive coping strategies, causing them to experience depression. This study aims to identify coping strategies for victims of sexual violence in adolescents through literature review. This study uses a scoping review method through searches on the Pubmed database, EBSCOhost, and the Google Scholar search engine using the keywords "sexual violence victims", "teenagers, and coping strategies" in Indonesian and "adolescence", "coping strategies", and "victims of sexual violence" in English. The inclusion criteria for this research are articles that are relevant to the topic, full text, in Indonesian and English with a range of 2012-2022. The articles obtained and analyzed in this study were 9 articles. The results showed that the use of coping tended to vary, namely avoidance, creating positive meaning, controlling oneself, accepting, seeking support, planning, and confrontation. However, there are teenagers who use negative coping, namely by releasing problems, blaming themselves, and endangering themselves. The most widely used type of adolescent coping strategy is emotion-focused coping. Many factors influence the coping strategies of victims of sexual violence in adolescents, one of which is social support. This research is expected to be a consideration for nurses and families of victims to pay more attention to adolescent coping strategies, especially for victims of sexual violence.

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#### Kata kunci:

Kekerasan seksual  
Remaja  
Strategi coping

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### ABSTRAK

Kekerasan seksual yang terjadi pada usia remaja dapat mempengaruhi perkembangannya dalam berbagai aspek di kehidupan. Situasi stres yang dialami korban berdampak pada fisiologis, psikologis, dan sosial. Individu akan melakukan coping untuk mengatasinya. Remaja seringkali terjerumus dalam strategi coping yang maladaptif sehingga menyebabkan remaja mengalami depresi. Penelitian ini bertujuan untuk mengidentifikasi strategi coping korban kekerasan seksual pada remaja melalui kajian literatur. Penelitian ini menggunakan metode scoping review melalui pencarian pada database Pubmed, EBSCOhost, serta search engine Google Scholar menggunakan kata kunci "korban kekerasan seksual", "remaja, dan strategi coping" dalam bahasa Indonesia dan "adolescence", "coping strategies", dan "victims of sexual violence" dalam bahasa Inggris. Kriteria Inklusi penelitian ini yaitu artikel yang relevan dengan topik, full text, berbahasa Indonesia maupun Inggris dengan rentang tahun 2012-2022. Artikel yang didapat dan dianalisis dalam penelitian ini adalah sebanyak 9 artikel. Hasil penelitian menunjukkan bahwa penggunaan coping cenderung bervariasi yakni melakukan penghindaran, menciptakan makna positif, mengontrol diri, menerima, mencari dukungan, perencanaan, dan konfrontatif. Namun, terdapat remaja yang menggunakan coping negatif yaitu

dengan pelepasan masalah, menyalahkan diri, dan membahayakan diri. Jenis strategi koping remaja yang paling banyak digunakan ialah emotion-focused coping. Banyak faktor yang memengaruhi strategi koping korban kekerasan seksual pada remaja salah satunya yaitu dukungan sosial. Penelitian ini diharapkan menjadi pertimbangan bagi perawat dan keluarga korban agar lebih memperhatikan strategi koping remaja khususnya pada korban kekerasan seksual.



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## INTRODUCTION

Adolescence is a period of individuals who experience a transition from the child phase to the adult phase. The psychological development of adolescence is still not optimal in controlling itself, as a result, adolescents often experience conflicts both with themselves (inner conflict) and conflicts with others (Kuswati, 2020). The existence of sexual violence incidents that occur in adolescents can affect their development in various aspects of their lives. Sexual violence is a potentially traumatic experience and most teenagers do not know how to deal with the problem. Stressful situations experienced by adolescents have an impact on both physiologically and psychologically. Individuals will not allow this negative effect to continue to occur, he will take an action to overcome it (Maryam, 2017).

The actions chosen and decided by the individual are called coping strategies (Biggs et al., 2017). Coping strategies aim to overcome stressful situations as well as demands that are felt to be pressing, challenging, burdensome and exceeding their abilities (Maryam, 2017). Coping strategies are needed so that individuals have a good quality of life without feeling pressured as an effort to achieve a healthy soul (Saputra et al., 2018). Research result by Troxel & Matthews (2004) also mentioned that one of the things that can affect physical health is the use of coping. The use of adaptive (positive) coping in adolescents can reduce the risk of developing physical health problems in the long term, and vice versa. The process of healing victims from the trauma of sexual violence requires support from various parties. This support is needed to raise the spirit of the victim and increase the victim's self-confidence again. It is hoped that with this support, victims will be able to be empowered and live their lives as usual. This is the basis that mental health counseling

related to coping strategies is an important thing to implement.

Indonesia is one of the countries that have implemented Community Mental Health Nursing (CMHN). CMHN is a comprehensive and holistic nursing service, focusing on mentally healthy communities, the risk of mental disorders and mental disorders (Winahayu et al., 2014). It explained that collaboration between nurses and clients in the community is very important, while the current phenomenon is the lack of client involvement in community mental health nursing care. Therefore, we need activities that can enhance this collaboration. One of the activities that can be done is mental health counseling. Mental health counseling conducted by Maulana et al., (2019) can increase family knowledge regarding mental health problems, ranging from how to care for mental health. This is what underlies the author's interest to review how the coping strategies of victims of sexual violence in adolescents through literature review are to strengthen the literature review for nurses in helping victims of sexual violence to get a good quality of life without feeling pressured as an effort to achieve a healthy soul.

## METHODS

### Identification of Research Questions

The population/participants identified in this study were adolescents, the concepts/interventions/phenomena identified in this study were coping strategies, and the context identified in this study was sexual violence. So this scoping review aims to identify coping strategies in the context of handling cases of sexual violence in adolescents.

**Table 1. PCC Scoping Review of Evidence: Victim Coping StrategiesvSexual Violence in Teenager**

<b>Population</b>	Teenager	Identifying teenagers who are victims of sexual violence
<b>Concept</b>	Coping Strategy	Identify coping strategies used by victims of sexual violence
<b>Context</b>	Sexual Violence	Identifying about sexual violence

### Identify literature sources

In obtaining relevant literature used in the literature review, researchers conducted searches through electronic databases, reference lists, direct searches on physical journals, and conferences or other relevant organizations. Researchers also apply search strategies to obtain relevant literature such as which electronic databases can be accessed and

appropriate keywords to search for the desired literature according to research objectives.

### Source Used

The source of data in this study is by using secondary data. Nursalam (2020) states that secondary data is research data taken from data conducted by previous research and not from

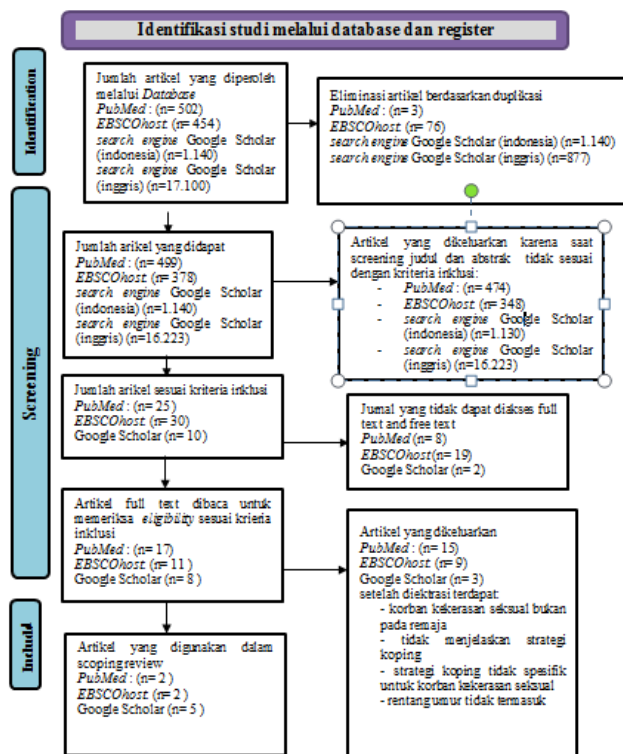
research directly by the author. The search for articles in this literature is by using several databases, namely Ebscohost, PubMed, and the Google Scholar search engine. The purpose of this article search is to find national and international articles that discuss coping strategies for victims of sexual violence in adolescents.

**Keywords used**

At this stage the authors determine the keywords used in this study. In searching for articles, the author uses keywords from Boolean and phrase operators (OR and AND) which are used to specify the search and expand the literature search to make it easier to search for literature. Some of the keywords in this study have been adjusted to the Medical Subject Heading (MeSH), which consists of:

**Table 2. Keywords in Article Search**

<i>Sexual Abuse</i>	<i>AND</i>	<i>Coping Strategies</i>	<i>AND</i>	<i>Teenager</i>
<b>OR</b>		<b>OR</b>		<b>OR</b>
<i>Sexual Assault</i>		<i>Coping Skills</i>		<i>Adolescent</i>
<b>OR</b>		<b>OR</b>		<b>OR</b>
<i>Sexual Harrasmnet</i>		<i>Coping</i>		<i>Young Adult</i>
<b>OR</b>		<b>OR</b>		<b>OR</b>
<i>Sexual Violence</i>		<i>Cope</i>		<i>Youth</i>



**Chart 1. Flow diagram for review process (Page et al., 2021) Carry out literature selection**

The researcher reads the article in full to check the suitability of the article with the inclusion criteria. Inclusion

criteria provide guidance for understanding the researcher's goals and more importantly, direction for the researcher himself to decide which literature to include in the scoping review (Peters et al., 2015). The inclusion criteria in this study were articles published in 2012-2022, full text, articles in English or Indonesian, are types of qualitative research articles, quantitative research, mixed methods, or case studies, as well as examining coping strategies for victims of sexual violence in Indonesia. teenager. The exclusion criteria in this study were articles that examined coping strategies for victims of sexual violence but not adolescents. The description of the process of selecting the researcher's articles is presented through narration and diagram format as indicated in PRISMA-ScR (Tricco et al., 2018).

The data that has been found is then extracted which includes the author, title, place, research objective, METHOD, sample, year of research, research location, coping strategies for victims of sexual violence, evaluation and research findings. The data that has been collected is then entered into the analysis table and used as reference material for discussion in the scoping review process.

**RESULTS AND DISCUSSION**

Literature search was conducted on three databases, namely Ebscohost, Pubmed, and Google Scholar. After going through a selection process based on the title, abstract, inclusion criteria, and critical appraisal, the total number of articles used in this scoping review is 9 articles. The results of the literature review are presented in table 3.

**Table 3. Analysis Results**

Title, Author, Year	Location	Purpose	Methodology	Population and Sample	Result
<b>Title:</b> Kekerasan Seksual Dan Perilaku Coping Remaja	Indonesia	To describe the sexual violence behavior of adolescent girls during research	Quantitative of descriptive research	The sample of this study was with 108 teenagers.	The results of the analysis showed that 51% (n=55) of the subjects belonged to the category of the

<p>Perempuan: Analisis Cluster  <b>Author:</b> Mulik Azizah dan Syaiful H  <b>Year:</b> 2014</p>		<p>dating, and classify the characteristics of coping behaviors and adolescent sexual experiences.</p>	<p>cross-sectional design.</p>	<p>group who was afraid of losing using moderate coping strategies (emotional focus coping). 38% (n=41) subjects fall into the category of groups that need recognition, (emotional focus coping) 11% (12) subjects were categorized as over confidence group. use of low coping strategies (problem focus coping)</p>
<p><b>Title:</b> Childhood sexual abuse and current suicidal ideation among adolescents: Problem-focused and emotion-focused coping skills.  <b>Author:</b> Yoewon Yoon, Julie A. Cederbaum, Alix Schwartz  <b>Year:</b> 2018</p>	<p>Amerika Serikat</p>	<p>To investigate whether problem-focused and emotion-focused coping skills are associated with suicidal ideation related to childhood abuse of physical, psychological, sexual abuse, and neglect.</p>	<p>Qualitative research with phenomenologica l study design</p>	<p>The sample of this study were 307 adolescents with an age range of 16-18 years (women = 172; men = 135)</p> <p>The results showed 17.6% of adolescents reported suicidal ideation. Adolescents who reported better emotional focus coping were 0.80 times less likely to report suicidal ideation. However, even after controlling for coping skills, adolescents with a history of sexual harassment were 3.08 times less likely to report suicidal ideation. Our findings suggest implications for early intervention efforts. Because adaptive coping can serve as a driving force to reduce negative outcomes in adolescents who have experienced sexual harassment.</p>
<p><b>Title:</b> Strategi Koping Stres Remaja Survivor Kekerasan Seksual di Nias Utara  <b>Author:</b> Elicana W M Sihombing  <b>Year:</b> 2018</p>	<p>Nias Utara, Indonesia</p>	<p>To analyze the stress coping strategies of adolescent sexual violence survivors in North Nias.</p>	<p>This study uses a qualitative method with a phenomenologica l design</p>	<p>The sampling technique was purposive sampling with the number of participants as many as 7 teenagers with an age range of 11-15 years.</p> <p>Adolescents who become victims of sexual violence before receiving social support generally have social seeking coping strategies (looking for support from others in the form of real help or attention), planning (thinking about how to deal with problems), behavioral disengagement (reducing effort / giving up facing problems), Distancing (the attitude of not caring about the problem), Using Emotional Support (support that is sought to calm oneself or just let out feelings), self-distraction (taking alternative actions to forget the stressor).</p>
<p><b>Title:</b> Sexual Violence Against Women in India: Daily Life and Coping Strategies of Young Women in Delhi.  <b>Author:</b> Christina Nieder, Christoph Muck, dan Joscha Kärtner  <b>Year:</b> 2019</p>	<p>Delhi, India</p>	<p>This study aims to explain sexual violence in women in India and their coping strategies.</p>	<p>Descriptive qualitative research</p>	<p>The sample of this study consisted of 15 adolescent women aged 17-22 years</p> <p>First, the results of this study indicate that the incidence of sexual violence is a threatening situation today and the incidence of sexual violence affects women's lives. Second, to overcome women's sexual violence, three types of coping strategies are mentioned, namely (a) security, (b) avoidance, and (c) empowerment strategy. more towards emotion focused coping</p>
<p><b>TitleA:</b> Self-Blame, Shame, Avoidance, and Suicidal Ideation in Sexually Abused Adolescent Girls : A Longitudinal Study  <b>Author:</b> Stéphanie Alix, Louise Cossette, Mireille Cyr, Jean-Yves Frappier, Pier-Olivier Caron &amp; Martine Hébert  <b>Year:</b> 2019</p>	<p>Kanada</p>	<p>The aim of this study was to investigate the impact of self-blame, shame, and coping strategies on PTSD symptoms, depression, and suicidal ideation among sexually abused adolescent girls.</p>	<p>Quantitative research with longitudinal study design</p>	<p>The sample of this study consisted of 100 young women, aged 14-18 years</p> <p>The results of this study revealed that 50% of participants experienced sexual violence in the near future. 48% of participants experienced PTSD symptoms, 37.4% experienced depressive symptoms, and 30.3% reported suicidal ideation. There is an impact of self-blame, shame, and maladaptive coping on PTSD and later depressive symptoms, as well as suicidal ideation among adolescent girls who are victims of sexual violence.</p>

<p><b>Title:</b> Strategi Coping Remaja Dalam Menghadapi Pelecehan Seksual Oleh Ayah Tiri Di Desa Tumiyang Kecamatan Pekuncen Kabupaten Banyumas  <b>Author:</b> Dini Kuswati  <b>Year:</b> 2020</p>	Indonesia	To find out adolescent coping strategies in dealing with sexual harassment by stepfathers.	This study uses a qualitative method with the type of case study research.	In this study using 1 research subject	The use of coping strategies on the subject is a problem-focused coping strategy (problem focus coping): confide in friends and relatives and an emotional focus coping strategy (emotional focus coping): positive thinking, busying yourself with college assignments, sleeping faster than usual, leaving the house and staying at a relative's house, avoiding the stepfather by being in the room often, always wearing the veil when his stepfather is at home, praying and diligently doing the prayer.
<p><b>Title:</b> Strategi Coping Remaja Perempuan Korban Kekerasan Seksual <i>Familial Abuse</i>  <b>Author:</b> Syifa Indana  <b>Year:</b> 2020</p>	Indonesia	To find out the description of the coping strategies used by adolescent girls who are victims of familial sexual abuse.	This research was conducted using a qualitative phenomenologica l approach.	The research sample amounted to 2 people who were obtained using the purposive sampling technique with predetermined criteria, namely teenage girls aged 13-17 years, experiencing sexual violence.	Based on the results of the study, it was found that the two informants used two types of coping strategies, namely problem focused coping in the form of confrontative, planful problem solving and seeking social support, and emotion focused coping in the form of self control and avoidance. This study also shows several factors of coping strategies carried out by the informants, namely the existence of belief in self and God, social support, accepting the situation and positive thinking, as well as the ability of resilience.
<p><b>Title:</b> The Impact of Avoidant/ Disengagement Coping and Social Support on the Mental Health of Adolescent Victims of Sexual Violence in Eastern Congo  <b>Author:</b> An Verelst, Sarah Bal, Maarten De Schryver, Nanc Say Kana, Eric Broekaert, dan Ilse Derluyn1  <b>Year:</b> 2020</p>	Kongo bagian Timur, Afrika.	To increase understanding of the use of avoidance coping and family support and the impact on mental health of adolescent victims of sexual violence living in different neighborhoods in war-affected eastern Congo.	Exploratory qualitative research with cross-sectional research design	population-based survey in which 1,305 schoolgirls aged 11 to 23 participated who experienced sexual violence (n=499)	The results showed 38.2% (n = 499) young women who participated in this study reported being victims of sexual violence. When stigmatization is high from external factors, victims use avoidant/disengagement coping (maladaptive coping) as self-protection. However, in the study, it was stated that the more victims used the coping, the more they felt anxious and depressed. However, when there is family support, there is a positive impact on the victim
<p><b>Title:</b> Strategi Koping Pada Perempuan Dibawah Umur Yang Pernah Menjadi Korban Kekerasan Seksual Pada Kasus Di Polsek Ponjong Gunungkidul  <b>Author:</b> Erna Sanjaya Fitriyana  <b>Year:</b> 2021</p>	Indonesia	To understand the background of cases of sexual violence against underage women who became victims of sexual violence in the case at Polsek Ponjong Gunung Kidul, the impact after the incident of sexual violence experienced, the way they lived their lives after the incident, and how they implemented coping strategies in order to resolve the issue. problems and impacts caused by sexual violence received.	The type of research used by the author is qualitative research with a case study approach.	Participants in this study were 3 teenagers with the characteristics of participants aged 11-20 years who experienced victims of sexual violence in Gunungkidul Regency.	The results of the study reveal the coping strategies used by adolescents who are victims of sexual violence. Coping strategies used consist of positive reappraisal, confrontive coping, distancing, self control, seeking social support, confrontive coping, planful problem solving, accepting responsibility. The ability to get out of problems using coping strategies is supported by the ability to negotiate with the stimulation of the surrounding environment.

**Table 4.**  
**Coping Strategies and Influencing Factors**

<b>Title</b>	<b>Coping Strategy</b>	<b>Influencing Factors</b>
Title: <b>Kekerasan Seksual Dan Perilaku Coping Remaja Perempuan: Analisis Cluster</b> Author: <b>Mulik Azizah dan Syaiful. H</b> Year: <b>2014</b>	<b>Emotional Focus Coping</b>	(1) Confession from boyfriend (social support) (2) Non-physical (social-psychological) factors
Title: <b>Childhood sexual abuse and current suicidal ideation among adolescents: Problem-focused and emotion-focused coping skills.</b> Author: <b>Yoewon Yoon, Julie A. Cederbaum, Alix Schwartz</b> Year: <b>2018</b>	<b>Emotional Focus Coping</b>	(1) The role of parents (social support) (2) A sense of security and belonging
Title: <b>Strategi Koping Stres Remaja Survivor Kekerasan Seksual di Nias Utara</b> Author: <b>Elicana W M Sihombing</b> Year: <b>2018</b>	<b>Problem-Focused Coping</b> (1) Seeking social (looking for support from others in the form of real help or attention), (2) (planning (thinking about how to deal with problems),  <b>Emotion-Focused Coping</b> (1) Distancing (a lack of concern for the problem), (2) Using Emotional Support (support sought to calm oneself or just let out feelings),  <b>Maladaptive Coping</b> (1) self-distraction (taking alternative actions to forget the stressor (2) behavioral disengagement (reduce effort/ give up facing problems)	(1) Support of the closest people (friends and family) (2) Social pressure (3) Confusion about the future
Title: <b>Sexual Violence Against Women in India: Daily Life and Coping Strategies of Young Women in Delhi.</b> Author: <b>Christina Nieder, Christoph Muck, dan Joscha Kärtner</b> Year: <b>2019</b>	<b>Emotion-Focused Coping</b> (1) security, (2) avoidance, (3) empowerment strategy	Community stigma
Title: <b>Self-Blame, Shame, Avoidance, and Suicidal Ideation in Sexually Abused Adolescent Girls : A Longitudinal Study</b> Author: <b>Stéphanie Alix, Louise Cossette, Mireille Cyr, Jean-Yves Frappier, Pier-Olivier Caron &amp; Martine Hébert</b> Year: <b>2019</b>	<b>Maladaptive Coping</b> (1) blame yourself, (2) (shame, (3) avoidance	Not mentioned
Title: <b>Strategi Coping Remaja Dalam Menghadapi Pelecehan Seksual Oleh Ayah Tiri Di Desa Tumiyang Kecamatan Pekuncen Kabupaten Banyumas</b> Author: <b>Dini Kuswati</b> Year: <b>2020</b>	<b>Problem-Focused Coping</b> (1) curhat ke sahabat dan saudara  <b>Emotion-Focused Coping</b> (1) positive thinking, busying themselves with college assignments, (2) short sleep every day, (3) leaving home and staying at a relative's house, (4) avoiding the stepfather by being in the room often, (5) always wears a headscarf when her stepfather is at home, (6) pray and diligently do the prayer.	(1) Social Support (2) Positive beliefs or views
Title: <b>Strategi Coping Remaja Perempuan Korban Kekerasan Seksual Familial Abuse</b> Author: <b>Syifa Indana</b> Year: <b>2020</b>	<b>Problem Focused Coping</b> (1) confrontative, (2) planful problem solving (3) seeking social support,  <b>Emotion Focused Coping</b> (1) self control	(1) (belief in God and oneself; (2) receive social support; (3) accept the situation and think positively; (4) resilience ability.

	(2) avoidance.	
Title: <i>The Impact of Avoidant/Disengagement Coping and Social Support on the Mental Health of Adolescent Victims of Sexual Violence in Eastern Congo</i> Author: An Verelst, Sarah Bal, Maarten De Schryver, Nanc Say Kana, Eric Broekaert, dan Ilse Derluyn1 Year: 2020	<i>Emotion Focused Coping</i> (1) escape avoidant  <i>Maladaptive Coping</i> (2) disengagement	(1) Family support (2) Stressful situations (3) Stigmatization
Title: <i>Strategi Koping Pada Perempuan Dibawah Umur Yang Pernah Menjadi Korban Kekerasan Seksual Pada Kasus Di Polsek Ponjong Gunungkidul</i> Author: Erna Sanjaya Fitriyana Year: 2021	<i>Emotion focused coping</i> (1) positive reappraisal, (2) distancing, (3) self control, (4) seeking social support, (5) accepts responsibility. <i>Problem focused coping</i> (1) confrontative coping, (2) playful problem solving	(1) Physical health (2) Positive beliefs or views (3) Problem solving skills (4) Social skills (5) Social support (6) Material

## DISCUSSION

### Coping Strategies for Teens Who Are Victims of Sexual Violence

In this study, it was revealed that there are still teenagers who use maladaptive coping in dealing with the sexual violence they experience (Alix et al., 2019; Sihombing, 2018; Verelst et al., 2020) which is where this coping is an ineffective coping. Individuals who use this coping tend to turn the problems they face in a negative direction, such as drinking alcohol (Najdowski & Ullman, 2009). In addition, maladaptive coping is also a coping that reduces autonomy, is more inclined to control the surrounding environment and can cause further problems..

In addition, researchers also found good coping to overcome sexual violence experienced by adolescents, namely with effective coping strategies (Azizah, 2014; Dini et al., 2020; Fitriyana, 2021; Indana, 2022; Nieder et al., 2019; Sihombing, 2018; Yoon et al., 2018). Adaptive coping is a coping that can reduce and help someone in dealing with stress positively or effectively (Costa et al., 1996). Adaptive coping also supports the function of growth, learning and achieving a goal and contributes to the resolution of stress. Adaptive coping to solve problems regarding sexual violence experienced by adolescents is divided into two, namely problem-focused coping and emotion-focused coping.

The results showed that emotion-focused coping was the most widely used coping strategy by adolescent victims of sexual violence. This is in line with the theory presented by Deng, Chang, Yang, Huo, & Zhou (2016) that women show relatively stronger emotional expressions, so this is reflected in problem solving, women rely more on controlling their emotions. This study also revealed that most of the victims were women.

In addition, the researchers identified each article and classified the types of coping strategies used in adolescent victims of sexual violence, adapting the theory from Lazarus and Folkman (1986, in Biggs et al., 2017) and (P. T. Costa et al., 1996). Based on the results of the analysis, it was found that the use of emotion-focused coping used by adolescents in dealing with sexual violence was 3 articles, but there were no articles that specifically discussed the use of problem-focused coping in adolescent victims of sexual violence, while the other 5 articles were a mixture of problems and emotion-focused coping, and the use of maladaptive coping as much as

1 article. It was also found in 2 other articles that discussed maladaptive coping used by adolescents as a coping strategy in dealing with the sexual violence they experienced.

### *Emotion-Focused Coping*

stated that sexual violence was the strongest predictor of suicidal ideation by adolescents. Suicide is the third leading cause of death among adolescents (CDC, 2015). Coping strategies are one of the ways to prevent suicidal ideation. One of a person's coping strategies in dealing with problems such as sexual violence is to focus on their emotions or emotion-focused coping (Yoon et al., 2018).

Avoidance or Distancing is one way for individuals to deal with a problem (Lazarus & Folkman, 1987). Nieder et al. (2019) explained that there was an indifferent attitude carried out by participants which in the research conducted by Sihombing (2018), coping strategies used by participants by showing a lack of care about the problems they face and even trying to forget as if nothing had happened. These results were obtained from field notes, participants at the time of the interview did not seem too concerned and revealed that they sometimes forgot about the incident. Another study conducted this as an effort to maintain distance (distancing) from unwanted sources of pressure. Adolescents who use this coping strategy consciously refuse to think about the existing problem and assume that the problem never happened.

Positive reappraisal coping strategy is one type of coping strategy that focuses on one's emotions (Maryam, 2017). In someone who uses this strategy, he will respond to problems by creating positive meaning with the aim of developing himself and involving himself in a religious direction (Fitriyana, 2021; Lazarus & Folkman, 1987). On research Kuswati (2020) revealed that victims of sexual violence kept themselves busy with useful activities, tried to think positively, thought the problems that befell them were not a significant burden, and were more diligent in worshipping. This is also revealed in the research by Indana (2022) where the individual tries to accept the situation and think positively, as well as the ability of resilience.

On research Fitriyana (2021) revealed that individuals use self-control coping strategies by trying to regulate one's own feelings or actions in relation to solving problems. Generally, individuals using this strategy will try to keep the problems at hand so that other people do not know. Other things explained by Indana (2022), One form of effort in overcoming

various unpleasant situations and feelings is with self-control in the form of doing things you like, keeping yourself busy, and ignoring the negative attitudes and words of others.

Another type of coping strategy used by adolescents in dealing with sexual violence is escape avoidant (Lazarus & Folkman, 1987; Verelst et al., 2020). This coping strategy is also used by women victims of sexual violence who experience negative stigma in their environment (Verelst et al., 2020). According to Biggs et al. (2017) someone who does this coping strategy is when he is overwritten by a problem, in solving it he always tries to avoid it.

In another study, the coping used by adolescents in dealing with incidents of sexual violence was accepting responsibility. Individuals accept to live the problem at hand, think of a way out and take responsibility for solving the problem. The victim acknowledges and accepts that he has a role in the problem at hand (Fitriyana, 2021). The last type of coping strategy that focuses on emotions is using emotional support (Maryam, 2017; Sihombing, 2018), where individuals seek social support for emotional reasons, among others, by seeking moral support, sympathy, trust, or understanding. Support is sought only to calm down or express feelings only. The coping strategy used by the fifth participant is to calm down or just let out feelings like venting with a friend (Sihombing, 2018).

#### *Problem-Focused Coping*

One type of problem-focused coping used by adolescent victims of sexual violence is seeking social support (Fitriyana, 2021; Indana, 2022; Sihombing, 2018). someone who uses this coping, he seeks support from others in the form of help and attention. The results of the study by Sihombing (2018) found that participants tried to find support from one of the teachers. . On research by Azizah (2014) there are 38% (n=41) subjects who fall into the category of seeking social support group, the group requires acknowledgment from his girlfriend that he is needed, even though he has to experience sexual violence.

Another type of coping strategy is planful problem solving and thinking about ways to deal with the problem of sexual violence (Fitriyana, 2021; Indana, 2022; Sihombing, 2018). According to Lazarus & Folkman (1987) Planful problem solving is an attempt to change the situation with an analytical approach in solving a problem. In research conducted by Fitriyana (2021) mentioned that participants tried to focus on a bigger goal, namely pursuing their goals and trying to build their future well. Furthermore, there were also participants who took steps to think about how to avoid incidents of sexual violence from happening again (Sihombing, 2018). On research by Indana (2022), participants do planful problem solving, namely by focusing on themselves and the future, and informants let their children be cared for by other people.

Confrontive coping is one type of coping that focuses on the problem (Lazarus & Folkman, 1987). Individuals who use this type of coping, he changes the situation by taking assertive actions to change the situation and having the courage to take risks. This is done by individuals by sticking to what they wanted (Fitriyana, 2021). Another form of confrontative that is done is by focusing on oneself and the future (Indana, 2022).

#### *Maladaptive Coping*

In addition to coping strategies that focus on problems and emotions, there are other types of coping strategies that are

not effective. According to P. T. Costa et al. (1996) This coping is called maladaptive coping. Behavioral disengagement is one type of ineffective coping. On research by Fitriyana (2021) It was revealed that individuals who have this coping tend to release behavior by reducing one's efforts to cope with stressors, even releasing efforts to achieve goals. Behavioral disengagement is reflected in a phenomenon that is identified with the term helplessness. Theoretically, behavioral disengagement is carried out by individuals when they expect poor coping outcomes. In research conducted by Verelst et al. (2020) mentioned that when stigmatization is high from the external, victims use disengagement coping (maladaptive coping) as self-protection. However, in the study it was stated that the more victims used the coping, the more they felt anxious and depressed. However, when there is family support, there is a positive impact for the victim.

In another study conducted by Sihombing (2018), Adolescent victims of sexual violence who use this type of behavioral disengagement coping, they reduce their efforts in dealing with stressful situations and even give up or do nothing about the source of the stress. Behavioral disengagement behavior arises in someone who feels that whatever he does will not produce results or is often called "Helplessness".

Another type of coping that includes maladaptive coping is self-distraction or according to P. T. Costa et al. (1996) This is also known as mental disengagement. In Sihombing's research (2018), it is explained that adolescents who are victims of sexual violence take alternative actions to forget the stressor. Individuals will try to forget temporarily when the problem is happening to him, by doing various alternative activities that can distract the problem (P. T. Costa et al., 1996).

On research by Alix et al. (2019) It was revealed that adolescent victims of sexual violence often blame themselves for the problems they face and also feel ashamed of the people around them. This is evidence that the individual uses maladaptive coping with the type of coping focusing on and venting of emotion. According to P. T. Costa et al. (1996) Individuals who use this coping have a tendency to focus on negative stress.

#### **Factors Affecting Coping Strategies for Victims of Sexual Violence in Adolescents**

Research results from Azizah (2014); Fitriyana (2021); Kuswati (2020); Sihombing (2018); Verelst et al. (2020) revealed that social support is one of the most influential factors on victims of sexual violence in choosing coping strategies. This support includes support for meeting the information and emotional needs of the individual provided by parents, other family members, relatives, friends, and the surrounding community. Someone who gets support (backup) from their environment will feel that they are still accepted and assisted by their environment. This will affect the individual to have a positive attitude in dealing with any existing problems (Fitriyana, 2021)

The next factor is positive self-confidence (Fitriyana, 2021; Indana, 2022; Kuswati, 2020). Someone who is optimistic in facing a problem, he will be able to overcome it well (Fitriyana, 2021). On research by Kuswati (2020) explained that the positive beliefs or views of adolescent victims of sexual violence towards the problem can lead to a better situation. On the other hand, if a teenager has a negative (pessimistic) view, no matter how big the problem is, it will always be considered a serious problem, so this will greatly affect his ability to solve problems. (Fitriyana, 2021).

Social skills are one of the factors that influence adolescents in taking coping strategies (Azizah, 2014; Fitriyana, 2021; Kuswati, 2020; Sihombing, 2018). Based on research by Fitriyana (2021) These skills include the ability to communicate and behave in ways that are in accordance with the social values prevailing in society. A person who is having a problem may have to ask someone else who has had a similar experience; so that he will be able to identify it and resolve it in a fast and precise manner.

One factor that comes from the environment is the stigmatization of society (Nieder et al., 2019; Verelst et al., 2020). On research by Nieder et al. (2019) dan Verelst et al., (2020) , The two studies explained that the existence of negative stigma from the community ultimately had an impact on victims so that most victims took coping strategies in the form of avoidance. According to Biggs et al. (2017) Someone who does this coping strategy is when he is overwritten by a problem, in solving it he always tries to avoid it.

Furthermore, problem-solving skills are another factor that influences the coping strategies of adolescent victims of sexual violence (Fitriyana, 2021). These skills include the ability to search for information, analyze situations, identify problems with the aim of generating alternative actions, then consider these alternatives in relation to the results to be achieved, and finally carry out the plan by taking an appropriate action (Fitriyana, 2021).

In addition to what has been described previously, the author identifies several factors that influence the coping strategies of adolescent victims of sexual violence, which are listed in table 4.2. including a sense of security and belonging (Yoon et al., 2018); confusion about the future (Sihombing, 2018); accept the situation and positive thinking and resilience abilities (Indana, 2022); physical and material health (Fitriyana, 2021).

#### LIMITATION OF THE STUDY

This study uses a literature review method so that researchers do not take data directly from teenagers to find out how the coping strategies of teenagers who are victims of sexual violence. However, the researcher uses the PRISMA diagram to filter the literature reviewed so that the quality of the literature review in this study can be said to be quite good. The limitation in this literature review is that it is not optimal in the article search process because one of the characteristics of the article is free access and there are language limitations where researchers only use Indonesian and English. So that the number of relevant articles obtained is calculated to be minimal.

#### CONCLUSIONS AND SUGGESTIONS

This study identifies coping strategies for victims of sexual violence in adolescents. The results of this study indicate that the use of adolescent coping both in Indonesia and abroad tends to vary, namely using emotion-focused coping, problem-focused coping, and even maladaptive coping. However, there are differences in the types of coping strategies used by adolescents from each coping strategy. The factors that influence the coping strategies of victims of sexual violence in adolescents include social support, parental roles, sense of security, positive beliefs or views, resilience abilities,

stigmatization, social skills, confusion about the future, physical and material health.

#### ETHICAL CONSIDERATIONS

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##### Conflict of Interest Statement

The authors state that they have no disputes with other parties related to this study.

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