



Alternative Feminist Islamic Therapy in Handling Victims of Domestic Violence

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Abstract

One of the problems of life in society is failure and domestic violence. Domestic violence is a human right related violation. One of the impacts of domestic violence is that the wife experiences physical pain and mental stress. Therefore, victims of domestic violence need recovery efforts. One of the recovery efforts is through Feminist Islamic Therapy. Feminist Islamic therapy is a service provided to counselees, especially Muslim victims, in helping to solve the problem of domestic violence. The focus of this research problem, specifically on victims of domestic violence. The type of research used is library research. Sources of data used are books, scientific journals and thesis. Data collection techniques are editing, organizing, and finding. The data analysis used is data reduction, data display and drawing conclusions. The results of the study, Feminist Islamic therapy is an approach that is very relevant to the problem of domestic violence. The integration of Islamic psychology can shape a counselee into an individual who builds personal-social strength and resilience to strategies for dealing with trauma and stress in the past, present and future with a spiritual and religious touch.

Keywords: *Domestic Violence; Feminist Islamic Therapy; Islamic*

Introduction

Everyone's desire and hope is to build a harmonious household in marriage. Prophet Muhammad SAW set an example in running a household, always doing good, being gentle and firm with family. However, the reality of life in society has experienced a failure and domestic violence has occurred (Djamarah, 2004). Domestic violence is a violation that occurs to human rights, the act of violence becomes a crime committed against human dignity itself and is part of a crime of discrimination (Anggraini, 2019).

Based on the 2021 annual record on violence against women in Indonesia, the number of cases of violence against women in the last 13 years has gone up and down. A note with a decrease in the number of cases in 2020 (299,911 cases consisting of 291,677 cases in religious courts and 8,234 cases from questionnaire data for service providers) and in the previous year (431,471 – 416,752 cases in religious courts and 14,719 questionnaire data), this describes a decrease but does not mean a decrease. During the pandemic, the decrease in the number of cases was caused by the decrease in victims during the

pandemic, victims tended to complain to their families or remain silent, technological literacy issues, and the complaint service model that was not ready for the pandemic conditions (Perempuan, 2021).

The 2021 annual record on violence against women in Indonesia explains that women are at risk of experiencing violence in the personal sphere in the household, which is 79% or as many as 6,490 cases. In the previous year the personal sphere was around 75%, meaning that violence in the personal sphere in 2020 has increased by 4% (Perempuan, 2021).

In an Islamic perspective, Islam does not recognize the term domestic violence, forbids the occurrence of violence in any form in the family and other environments. This can be proven in the Al-Qur'an An-Nisa verse 19 which means that Allah commands a husband to treat a wife with good deeds.

The impact when domestic violence occurs is that a wife will experience physical pain, mental stress, decreased self-confidence, post-traumatic stress, depression, dependence on an abusive husband, and can even lead to suicidal ideation (Aziz, 2017).

The effect of violence is temporary psychological instability on the victim, if left unchecked will have a very bad negative impact on the victim. Therefore, recovery efforts are needed to return an individual to a better condition. One of the recovery efforts is by conducting a counseling process.

Islamic counseling is an assistance service provided to the counselee, in understanding a situation that is currently being faced by the counselee. One of the theories that deal with this problem is the Feminist Theory. This theory is widely used in solving problems of domestic violence (Nurzaman, 2017).

In people's lives there are acts of violence, moral and spiritual problems that are structurally inherent in modern life, thus it can be said that religion is a central alternative to be prioritized. In addition, as it is known that the majority of the Indonesian population is Muslim, the western theory that has been used in helping to solve the problem of domestic violence should be combined with an Islamic therapy. Thus, an individual who has implemented Feminist Islamic Therapy becomes a healthy person physically, spiritually, spiritually and morally.

Methods

The type of research used by the researcher is library research. This type of literature research is collecting in-depth information through various literatures, books, notes, journals and other references (Sari, 2020). Data collection techniques are editing, organizing, and finding. The data analysis used is data reduction, data display and drawing conclusions (Sugiyono, 2016).

Results and Discussion

The Concept of Feminist Therapy

Feminist theory is a generalization of several systems of ideas about social life and human experience developed from a women's perspective. The focal points of feminist theory are as follows: 1) The situation and experience of women in society; 2) Women are made as the central "target", meaning they try to see the special world from the point of view of women in the social world; 3) Feminist theory is developed by critical thinkers or warriors for the sake of women, who try to make a better life for women and humanity (Susilowati, 2018).

Feminism that develops in Islamic communities and countries is known as Islamic feminism. Islamic feminism is a movement of Muslim women as independent agents in redefining women's lives through the teachings of Islam, namely the construction of the Qur'an and hadith as the basis of the movement or as a source of value to defend and fight for women's rights (Hamdi, 2017).

Hamdi (2017) stated the characteristics of Islamic feminism are: 1) Islamic feminists do not only criticize Islamic history and hermeneutics, but provide alternatives and seek solutions to women's problems that originate from Islamic values; 2) Islamic feminist studies are centered on the Al-Qur'an and Hadith; 3) Islamic feminists reinterpret texts on controversial verses to get meaning about gender equality and justice.

Feminist Therapy is an approach that was developed from several techniques and the adoption of traditional approaches. The main ideas in feminist counseling include: 1) Emphasizes individual understanding and its influence on development. These individual changes are expected to have an impact on gender role socialization, society, family and other systems; 2) Counselors help clients to analyze gender roles; 3) Counselors have various theoretical orientations related to impartiality of one gender, cultural flexibility, easy interaction and life span oriented; 4) Counselors in Feminist Therapy use considerations based on a consideration of the concept of women's values in understanding the counselee's problems and barriers; 5) The relationship between counselor and counselee emphasizes the empowerment and equality of women (Sanyata, 2017).

The aims of feminist therapy more specifically, Klein, Sturdivant and Enns (Nuraisyah & Yuliawati, 2020) are as follows: 1) Symptomatic remover; 2) A counselee does not depend on external sources, but based on personal feelings towards himself; 3) The formation of the quality of interpersonal relationships that are increasing; 4) Help women accept their physical condition, sexuality and not use other people's standardization in judging themselves; 5) Awareness of politics and social action; 6) Attention to differences refers to respect for the client's cultural differences.

Nuraisyah & Yuliawati (2020) stated some of the formulations of feminism counseling principles, include: 1) Personal problems are political (have an influence on society at large), as the goal of feminist counseling is to change the gender-biased social order. So that the process is not only in completing the settlement but also a process of changing the social order; 2) A commitment to social change. Feminist counseling always strives for changes that occur not only in an individual, but also in the manifestation of social transformation; 3) The counseling relationship that takes place is carried out in an egalitarian way; 4) The experience of women who are highly valued in the counseling process, experience here becomes the center of consideration in understanding the problems they are facing and solving them; 5) The definition of mental illness must be reworked. For feminists, mental illness is a communication process in a system that is not appropriate. Suffering is considered as evidence of resistance, skill and ability to endure. The symptoms that appear are a strategy of survival from societal pressure; 6) Feminist Therapy uses an integral analysis of a pressure.

The techniques and strategies of Feminist Therapy that have been developed include: 1) Empowerment of the power of feminist counselling. The counselor helps the counselee to become an independent person and has a balanced participation in society; 2) Openness. Relationships between counselors and counsees are built through openness. Openness is not only limited to sharing information or experiences, but there is a reciprocal relationship between counselor and counselee; 3) Analyzing gender roles, a counselor explores the client's expectations related to gender roles and their impact on making a decision for the future; 4) Gender role intervention. Counselors provide an understanding of the different roles between men and women; 5) Bibliotherapy. Counselors use sources such as non-fiction books, guidance and counseling text books, autobiographies, educational videos and knowledge as material for discussion with the counselee; 6) Exercise for assertiveness. A counselor helps counsees become aware of their rights and helps change negative stereotypes of gender roles and implement

changes in life; 7) Reframing and relabeling. A counselor helps the counselee to understand the root cause of the problem because the problems experienced by the counselee are related to social pressure; 8) Group work. Counselors provide opportunities for counsees to join a group, with the aim of a counselee being able to discuss his life experiences; 9) Social actions. Counselors encourage counsees to be involved in women's empowerment activities, write about their life experiences or be active in educational communities based on gender issues (Susilowati, 2018).

The Concept of Islamic Therapy

Therapy according to the Arabic language is "Shafa-Yasfi-Syifaan" which means treatment, treat and cure. In terms, therapy is a process of treatment and healing in a disease, both mentally, spiritually, morally and physically through Islamic guidance, namely the Al-Qur'an and the Sunnah of the Prophet Muhammad SAW (Ridwan, 2018).

Islamic spiritual therapy is a treatment or healing of psychological disorders which is carried out systematically based on the concepts of the Al-Qur'an and Sunnah. In Islamic therapy, it is seen that faith and closeness to Allah are very significant forces for efforts to pay attention to self-recovery from depression or other psychiatric problems. Islamic therapy methods, proposed by Basit (2017) include the following Table 1.

Table 1. Islamic Therapy Methods

Component	Description
Teaching of the Quran and Al-Hikmah	Reading the Qur'an by sprinkling each of its readings into the heart and mind will be able to clean the dirt of the heart, can calm an anxious soul, give peace and be a healer of wounds suffered by a servant.
Shalat	Shalat (Prayer) is an effort to build a good relationship between humans and God. The benefit of prayer that is carried out in earnest is that the whole mind and soul are calm in a peace of mind which can reduce anxiety.
Dzikir (Dhikr)	Psychologically, Dhikr can restore a person's lost consciousness, because the Dhikr activity that is carried out can encourage a person to remember, mention and reduce things hidden in his heart.
Patient.	Patience is meant by doing something that is commanded by Allah and refraining from doing something that is forbidden by Allah.
Munajat	Munajat is an alternative therapy that is the basic foundation in a counseling technique and Koranic therapy. The healing process is carried out by contemplating and digesting the selected verse or letter of the Koran, read with a soft, serene reading that will lead to comfort and peace.

The Concept of Domestic Violence

In terminology, violence is a combination of two words namely 'vis' (Strength) and 'latus' (to bring). According to the Big Contemporary Indonesian Dictionary, violence is a matter of harshness or an act that causes damage to a physical object or other object (Helmi, 2017).

Domestic violence is an act of violence perpetrated against women that appears in the household realm, in a relationship characterized by emotional closeness both now and in the past. Domestic violence can occur in women who have been married or are currently married (Dalimunthe & Widyawati, 2021).

Violence is an action carried out by someone who is in a strong position against someone who is in a weak position, with physical or non-physical strength, intentionally causing suffering on the part of the object of violence (Hardani & Bakhtiar, 2010).

Domestic violence is one of the forms of gender-based violence. The violence that occurs is because there are gender assumptions in the relationships between men and women that are constructed by society. The form of a domestic violence is not only in the scope of disputes between husband and wife. Domestic violence can happen not only to husbands and wives but can also happen to children, relatives and domestic workers who live in the same house. Helmi (2017) stated domestic violence against wives is divided into four parts, including:

Physical violence

Physical violence is violence that causes pain or injury. Physically violent behavior is hitting, twisting hands, slapping, kicking, pulling hair, intentionally injuring, forcing a partner to keep working even though they are sick and others. In general, someone who gets physically violent behavior will appear a scar, face sluggish and others.

Psychological violence

Psychological violence is a form of violence that causes a person to become afraid, lose the ability to act, lose self-confidence and can cause a person to suffer severe psychological problems. Psychologically violent behavior is usually characterized by an insult, infidelity, demeaning a partner, a threat, intimidating, hurtful comments, limiting social movements, criticizing or humiliating a partner when interacting personally in public and imposing his will on others.

Sexual violence

Sexual violence is a form of violence that is usually carried out by an individual with behavior that does not provide or meet the inner needs of a wife, forcing sexual intercourse, bullying and not paying attention to the satisfaction of a wife.

Economic violence

Economic violence is violence that is usually perpetrated by an individual with the behavior of neglecting other individuals in his household. Economic violence is usually characterized by a husband not providing a living, forcing a woman to bear her personal debts, a husband spending a lot of his wife's money and others (Suteja & Muzaki, 2020).

Conclusion

Feminist Islamic therapy can be applied to all problems related to human rights, namely equality and justice for everyone, meaning that it is not specifically related to the problem of women who experience domestic violence. In addition, to get more effective results, it is necessary to follow up efforts for counseling research using Islamic feminist therapy as an alternative in dealing with domestic violence by using other research methods.

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