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Abstract

Victims of violence often experience trauma that can have a prolonged effect as a result of the violence, so it is necessary to make an effort to overcome these problems. For this reason, a nurse needs to carry out effective therapeutic communication to overcome these problems. Violence can be carried out by someone verbally, directed at themselves, other people, and even the environment. At this time, violence has become commonplace in the public's ears. This affects the soul, namely the psychology of a victim who experiences this violence. Therapeutic communication from a nurse is essential because it can control a person's mental state so that a nurse can become a place of conversation for victims of violence. This research aims to determine the relationship between therapeutic communication for victims of violence so that nurses can control the patient's mental health. The literature review used in making this article was done through several databases, including Google Scholar, ScienceDirect, and Garuda. The review literature used is vulnerable to publication in 2018-2023. The result of these articles is that through therapeutic communication, psychologists were able to create a sense of security and trust, which facilitated the recovery process for the victims. Therapeutic communication has a vital role in helping adolescents who experience sexual violence overcome the traumatic impact. Therapeutic communication also can help to reduce signs and symptoms of violent behavior. Therapeutic communication can increase the victim's self-esteem and dignity so they can live a more vibrant life with more enthusiasm. Therapeutic communication also plays a vital role in the mental recovery process that occurs in victims of violence. With the implementation of therapeutic communication, we hope that patients or victims of violence will be able to fight their trauma and various mental disorders that they are currently suffering from. In this case, nurses have a role in implementing their ability to therapeutic communication to overcome mental disorders and trauma in patients with victims of violence.

Keywords: Therapeutic Communication, Victim of Violence, Traumatic Impact



Introduction

A victim of violence is an individual who experiences physical loss, which can later have a psychological impact. Victims of this violence can come from various backgrounds, ages, socio-economic and socio-cultural levels. Women and underage children most often experience victims of this violence. In Indonesia itself, the government, in responding to victims of violence, certainly does not remain silent. The large number of victims of violence in Indonesia is proven by data from the Ministry of Women's Empowerment and Child Protection of the Republic of Indonesia, which shows that there were 23,762 cases, with 4,899 male victims and 20,968 female victims as of January 1, 2023. These acts of violence, of course, will indirectly have various bad impacts, including someone becoming shy, not easily getting along with peers, low self-esteem, trauma, difficulty controlling emotions, depression, and withdrawing from the environment and even leading to suicide¹.

Therapeutic communication is communication that is consciously planned; the purpose of its activities is focused on healing the client. Therapeutic communication is a medium for mutual give and take between nurses and clients, taking place verbally and non-verbally. Communication also encourages cooperation between clients and nurses; with therapeutic communication, nurses can maximize their nursing care to clients or patients. Seeing the high number of cases of violence and the impacts they have, it is necessary to provide special treatment that is useful and capable of dealing with the consequences arising from violent behavior suffered by victims. One way is to carry out therapeutic communication between nurses as providers of nursing care and victims of violence. So this research aims to determine the level of effectiveness of therapeutic communication carried out on patients who are victims of violence with indicators of changes in the victim's daily behavior to return to normal or improve².

When someone experiences violence in their life, they will experience something. This is called the traumatic impact of all the violence they have received. Examples of violence in a person are experiencing violence as a child, sexual violence against women, domestic violence, and others. The traumatic impact on someone who has experienced violence is that it will leave traumatizing effects, and stress and traumatic disorders can manifest into autonomic lability anxiety syndrome, flashbacks of grim experiences, and emotional insecurity. Psychologically, the impact of someone



experiencing violence is that the victim will feel depressed, depressed, stressed, feelings of self-blame, and suicidal. Someone who experiences violence also has an impact on their mental health, which, due to trauma and psychological disorders, will take a long time to recover mentally³.

Method

This research uses a method literature review with a comprehensive strategy, namely by searching the literature conducted in this literature review using several databases such as Google Scholar, ScienceDirect, and Pubmed. The literature review used with vulnerable published years 2013 - 2023. In the search process, use the keywords "Therapeutic Communication," "Trauma," and " victims of violence."

The process of searching for articles begins with identifying predetermined keywords. In the identification stage process, 199.054 articles were found using the specified keywords. The next stage is screening by setting the limit of Free Full-text articles assessed for eligibility and obtaining 12.217 articles. Then, we made the article restriction rule with a minimum year range of 10 years from 2013 - 2023 and received 3.427 articles. The next step was to readjust the qualitative synthesis and obtain 980 articles. In the last stage, we selected journal articles for review with ten articles.

Results

Juwita et al. (2022) found that through effective communication, psychologists created a sense of security and trust, facilitating the victims' recovery process. The researcher also identified the various effects of sexual violence on children, including feelings of betrayal, powerlessness, and stigmatization. Psychologists play a crucial role in helping victims cultivate self-love and acceptance, providing positive motivation, and assisting with problem-solving. This study emphasizes the significance of considering the cultural, ethnic, and economic backgrounds of the victims to make the therapeutic communication process more effective and efficient⁴.

Therapeutic communication has a vital role in helping adolescents who experience sexual violence overcome the traumatic impact. A deeper awareness and education are needed for adolescents on how to avoid deviant behavior and sexual



violence. Assistance and counseling can help victims of sexual violence overcome the traumatic impact⁵.

Orwela's research highlights the importance of therapeutic communication in the recovery process of student victims of sexual violence. There is a need for comprehensive and multi-source data collection methods in studying therapeutic communication and student survivors of sexual violence. This research underscores the importance of therapeutic communication in supporting the recovery of student survivors of sexual violence and calls for continued investigation and development in this area⁶.

Therapeutic communication is a verbal way that can help reduce signs and symptoms. The risk of violent behavior with an average percentage of signs and symptoms before application is 57.1%. The average after application is $24.9\%^7$.

The research conducted by Lila et al. (2013) found that social support and stressful life events were associated with psychological adjustment. Psychological adjustment was also associated with victim blaming among domestic violence perpetrators. Social support and stressful life events were not directly related to victim blaming⁸.

The team's therapeutic communication strategy was the first assessment assistance and classification of victim data; the second, treatment assistance using persuasive and empathetic methods; and the third, post-monitoring and evaluation assistance. After going through several mentoring processes by the victim team, there have been quite a lot of changes from the beginning before undergoing therapeutic communication⁹.

Barlow and Dickens show that therapeutic leave is defined as temporary discharge from the hospital for various purposes, such as rehabilitation, reintegration, or preparation for discharge. The incidence of these leaves varies widely across settings, types, and studies and is influenced by factors such as level of safety, diagnosis, risk assessment, and clinical decision-making. However, leave outcomes are not well evaluated and there is no evidence regarding the effectiveness, benefits, or harms of therapeutic leave for patients, staff, or society. Leave processes are often inconsistent, unclear, or undocumented and involve challenges such as communication, planning, evaluation, and legal issues¹⁰.

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The research of Goh et al. (2020) stated that experiential learning could improve the learners' empathy by integrating hands-on learning. This, in turn, could enhance the quality of care for future healthcare professionals. Experiential learning opportunities should be incorporated into existing pedagogies as this helps improve students' confidence in managing dangerous, aggressive, and violent patients, reducing physical restraint use, and thereby enhancing patient care¹¹.

Hananah et al. (2021) explain that the therapeutic communication strategy is carried out simply by fulfilling all the needs of the victim. When the victim wants to talk, we must listen carefully, respect his attitude and opinion, and accept his decision. There should be no underestimation that he is a victim. Giving praise or positive words is hoped to increase the child's self-esteem and dignity so that they can live a more vibrant life with more enthusiasm than before¹².

The use of a four-stage therapy approach to help children who experience violence, namely the pre-interaction, interaction, work, and termination stages. They use methods such as drawing, writing, song therapy, film therapy, and play to help children express their feelings and recover from traumatic experiences. The goal is for children to feel safe, communicate effectively, and ultimately heal from experiences of violence¹³.

ID Number	Author and Journal Identity	Journal Title	Objective	Population and Sample	Method	Summary of Results
A1	Author:	Therapeutic	The objective	The	The method	The results of the study
	Juwita, S.	Communic	of the	population	used in this	highlight the importance
	R.,	ation For	document	in the study	research is a	of therapeutic
	Dristiana	Children	above is to	above are	narrative	communication in
	Dwivayani,	Victims of	discuss the	Children	qualitative	assisting child victims
	K., &	Sexual	importance of	Victims of	approach.	of sexual violence. The
	Hananah,	Violence In	therapeutic	Sexual	Data was	researchers found that
	N.	Citra	communicatio	Violence In	collected	through effective
		Tepian-	n in helping	Citra	through	communication,
	Journal	Samarinda	child victims	Tepian-	interviews	psychologists created a
	Identity:		of sexual	Samarinda.	and	sense of security and
	Jurnal		violence. This		observation	trust, facilitating the
	Aristo		document also		s with two	victims' recovery
	(Social,		aims to		psychologis	process. Using social
	Politic,		highlight the		ts and one	media as a
	Humaniora		increasing		assistant at	communication tool was
), <i>10</i> (1), p.		trend of		UPTD PPA	particularly effective for

Table 1 Result of Literature Review

E-ISSN: 3025-6437 International Health Sciences Journal Vol. 1, Issue 2 (2024) January

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			violence against children in Indonesia and the role of the Women and Child Protection Unit in handling these cases.		Citra Tepian in Samarinda, East Kalimantan. The	older victims, as psychologists established a friendly and relatable approach. The study also identified the various effects of sexual violence on children, including feelings of betrayal, powerlessness, and stigmatization.
A2	Author: Zahra, A. P., Agustia, D., Sujana, D. Y., Lestari, S. L., Patimah, P., Studi, P., & Nusantara, S. P. (n.d.). Journal Identity: Jurnal Kesehatan Masa Depan. Agustus 2023, 2(3): 161-172	Therapeutic Communic ation for Adolescent s Experienci ng Sexual Violence	The objective of this article is to discuss the importance of therapeutic communicatio n in helping adolescents who have experienced sexual violence to overcome the traumatic impact. This article also aims to highlight the role of counselors and advocates in providing practical assistance and therapeutic communicatio n to victims of sexual violence.	The population of this article is adolescents who have experienced sexual violence.	This research uses a literature review method that contains theoretical studies based on previous studies and other findings that will be used as reference material for the foundation of this research.	Therapeutic communication has a vital role in helping adolescents who experience sexual violence overcome the traumatic impact. Deeper awareness and education are needed for adolescents on how to avoid deviant behavior and sexual violence. Assistance and counseling can help victims of sexual violence overcome the traumatic impact. Counselors and assistants must have good therapeutic communication skills to help victims feel protected and get healing.
A3	Author: Orwela, C Journal Identity: Jurnal Studi Gender Volume 15, Number 2, 2022, (PP: 225-254)	Therapeutic Communic ation in Trauma Recovery for Students Surviving of Sexual Violence	this article is to examine the stages of therapeutic communicatio n carried out by volunteers at NGOs in assisting the trauma recovery process of students who	population in this study were student survivors of sexual violence. The sample used in this research were survivors who were still students	The researcher uses qualitative research methods in this article, a precise multi-case study approach. The data collection methods used included	This research highlights the importance of therapeutic communication in the recovery process of student victims of sexual violence. The therapeutic communication stages carried out by volunteers at NGOs play an essential role in helping survivors recover from trauma. There is a need for comprehensive and

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			therapeutic communicatio n process and its importance in recovering from trauma from victims	experienced sexual violence. Researchers interviewed these researchers and colleagues from the NGOs WCC Kilisuci and	interviews with providers and assistants, observation, and interviews with the oldest mentors in the negotiation agreement (BAP).	multi-source data collection methods in studying therapeutic communication and student survivors of sexual violence. This approach allows a deeper understanding of the phenomena and problems being studied. Overall, this research underscores the importance of therapeutic communication in supporting the recovery of student survivors of sexual violence and calls for continued investigation and development in this area.
A4	Author: Anggraini, D., Hasanah, U., Utami, I. T Journal Identity: Jurnal Cendikia Muda Volume 3, Nomor 2, Juni 2023 ISSN : 2807-3469	The application of verbal therapeutic communica tion implementa tion strategies in patients at risk of violent behavior in room Jasmine Psychiatric Hospital in Lampung province	The object of this research is the patient with the main nursing problem risk of violent behavior, patient cooperative in following the application and the patient has no disability in speech and hearing.	population in this study was patients with the main nursing problem risk of violent behavior, patients cooperative in following the	This scientific paper is a case study. Subjects in the application amounted to 2 patients with patient criteria willing to be a respondent, patient with the main nursing problem risk of violent behavior.	The conclusion that can be drawn is that therapeutic communication is a verbal way that can help reduce signs and symptoms of violent behavior. The risk of violent behavior with an average percentage of signs and symptoms before application is 57.1%. The average after application is 24.9%.
A5	Author: Lila M, Gracia E, Murgui S Journal Identity: The European Journal of Psychology Applied to	Psychologi cal Adjustment and Victim- Blaming Among Intimate Partner Violence Offenders: The Role of Social	The purpose of this study is to influence social support and stressful life events on the psychological adjustment (self-esteem and depressive symptoms) of	study consisted of 314 men convicted of intimate partner violence who were referred to a	The method used in this study is to use a sample of participants, procedures, instruments, and data analysis.	The results obtained from this study in the form of structural equation models show that social support and stressful life events are related to psychological adjustment.

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	Legal Context, 2013, 147- 153, http://dx.do i.org/10.50 93/ejpalc20 13a4	Support and Stressful Life Events	intimate partner violence perpetrators and the relationship between social support and psychological adjustment.	intervention program.		
A6	Author: Dulwahab, E., Huriyani, E., Muhtadi, A. S. Journal Identity: Jurnal Kajian Komunikas i, Volume 8, No.1, Juni 2020	Therapeutic communica tion strategies in the treatment of victims of sexual violence	communicatio n strategies for mental recovery and	population in the study above is women Victims of	This research uses a case study method. The case study used is only one case, called a single case, namely sexual harassment. The technique used is interviewin g the victim and observing directly at the research location.	Twenty-eight victims received sexual violence in Cibongkor-Bandung. The victims experienced a lot of trauma. The team's therapeutic communication strategy was the first assessment assistance and classification of victim data; the second, treatment assistance using persuasive and empathetic methods; and the third, post- monitoring and evaluation assistance. After going through several mentoring processes by the victim team, there have been quite a lot of changes from the beginning before undergoing therapeutic communication.
A7	Author: Barlow E. M, Dickens. G. L Journal Identity: Archives of Psychiatric Nursing (2018)	Systematic Review of Therapeutic Leave in Inpatient Mental Health Services	identify, critically evaluate, and synthesize the empirical evidence about therapeutic	population of this study is all patients who are undergoing mental health service therapy. The	The method used in this research is to carry out article analysis and literature reviews where the author looks for reference sources from 1967 to 2017, using several keywords that are	The results obtained after analyzing several articles are standardized leave rates in forensic settings reflect security level. There was little meaningful information on which to base the calculation of rates for civil settings. The most substantial evidence supports leave used for supervised discharge; other forms of leave lack an evidence base, and decisions appear to be made based on heuristic rules and unsupported



			released the from the therapy process within a certain period.	used as references in comparing one journal with another.	assumptions. Clinical decision-making about therapeutic leave cannot claim to be evidence- based
A8 Author: Goh, Y. S., Seetoh, Y. T. M., Chng, M. L., Ong, S. L., Li, Z., Hu, Y., Ho, C. M. R., Ho. S. H. C. Journal Identity: Nurse Education Today 94 (2020) 104591	Using Empathetic CAre and REsponse (ECARE) in improving empathy and confidence among nursing and medical students when managing dangerous, aggressive, and violent patients in the clinical setting	improve empathy and confidence among nursing	in this study was 249 nursing and 50 medical students undergoing the mental health nursing module in Year 2 of their nursing program	A pre-and post-test, same-group quasi- experimenta l design was used to explore the effectivenes s of using Empathetic CAre and REsponse (ECARE), an experiential learning session to equip nursing and medical students on managing dangerous, aggressive, and violent patients.	This study demonstrated that experiential learning could improve the learners' empathy by integrating hands-on learning. This, in turn, could enhance the quality of care for future healthcare professionals. Experiential learning opportunities should be incorporated into existing pedagogies. This helps improve students' confidence in managing dangerous, aggressive, and violent patients, reducing physical restraint use and enhancing patient care quality.
A9 Author: Hananah, N., Juwita, R., Dwivayani, K. D. Journal Identity: eJournal Ilmu Komunikas i 2021, 9 (1): 271- 284 ISSN 2502 – 5961(Cetak),ISSN 2502 – 597X (Online).	Therapeutic communica tion process in assisting child victims of sexual violence in Uptd Ppa Samarinda city	therapeutic communicatio	victims of sexual violence in UPTD PPA Samarinda	The method of the study is qualitative descriptive, with the source of data from purposive sampling as primary source and literature, documentati on, etc., as secondary, and using qualitative descriptive data analysis to analyze the	In this study, it can be concluded that psychologists carry out therapeutic communication by the stages. Psychologists make observations and classify and select victims so that treatment and communication with victims can be identified. The therapeutic communication strategy is carried out simply by fulfilling all the victim's needs. When he wants to talk, we must listen carefully, respect his attitude and opinion, and accept his decision. There should be no

about life in the future.

data.

underestimation that he is a victim.

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A10	Author:	Samin	The objective	In this	The method	The research results
	Suciati &	Foundation	of the research	study, the	used in this	show that the SAMIN
	Aulia, E.	Therapeutic	in this article	population	research is a	Foundation uses a four-
		Communic	is to provide	used was	qualitative	stage therapy approach
	Journal	ation	insight into	children	descriptive	to help children who
	Identity:	Process to	practical	who were	method.	experience violence,
	Universitas	Children	strategies and	victims of	The	namely the pre-
	Muhamma	Victims of	programs for	violence in	approach	interaction, interaction,
	diyah	Violence to	helping	Sleman	used is a	work, and termination
	Yogyakarta	Return	children who	Regency,	qualitative	stages. They use
	Undergrad	Children's	are victims of		approach.	methods such as
	uate	Public	violence. This	Meanwhile,	Therefore,	drawing, writing, song
	Conference	Space in	research also	the samples	this	therapy, film therapy,
	, Vol. 1 No.	Sleman	aims to	used were	research is	and play to help
	1 (2021):	District		two	included in	children express their
	Engaging	DIY Year	therapeutic	therapist	a qualitative	feelings and recover
	Youth in	2018-2019	communicatio	informants,	descriptive	from traumatic
	Community		n methods	two child	study.	experiences. The
	Developme		used by the			therapist builds trust
	nt to		SAMIN	and		with the child and
	Strengthen		Foundation in	0		collaborates with other
	Nation's		Sleman	institutions		organizations to provide
	Welfare		Regency,	collaboratin		comprehensive support.
			Yogyakarta, to			The goal is for children
			help children			to feel safe,
				Foundation.		communicate
			victims of			effectively, and
			violence.			ultimately heal from
						experiences of violence.

Discussion

Most of the reviewed journals show that therapeutic communication helps violent patients with traumatic effects to become better people than they were before. In Juwita et al. (2022), it is mentioned that researchers have found the positive impact of effective communication, namely the formation of a sense of comfort and safety for patients and mutual trust. This is very helpful for patient self-recovery4. The same thing is also explained in Zahra et al. (2023) that in the case of journals related to patients who are victims of sexual violence, therapeutic communication has a role in

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overcoming the traumatic effects of patients. Therapeutic communication can make patients feel protected⁵. The study conducted by Anggraini et al. (2023) obtained supporting results, where therapeutic communication became a verbal way to reduce signs and symptoms of violent behavior⁷. The three journals have similar results despite having different methods. Juwita et al. (2022) used a narrative qualitative approach method, in which researchers collect data through interviews and observation4, Zahra et al. (2023) used a literature review method that contains theoretical studies based on previous studies and other findings⁵, and Anggraini et al., (2023) used a qualitative research method⁷.

The importance of therapeutic communication is highlighted in Orwela (2022), that this communication can help patients recover from their trauma⁶. In addition, nurses, family, and the environment can help survivors heal from trauma. NGOs and volunteers also play an essential role in creating an environment that supports the recovery of survivors. However, the journal suggested further research with multi-source and comprehensive data methods. Improving patient care quality can be improved through ECARE, which enhances medical and nursing students' empathy and confidence in managing dangerous, aggressive, or violent patients¹¹. Empathy and self-confidence are essential components in conducting therapeutic communication; in this case, empathy and confidence can manage dangerous, aggressive, and violent patients.

In the study by Dulwahab et al. (2020), several strategies were mentioned: assessment assistance and classification of victim data, treatment assistance using persuasive and empathetic methods, and post-monitoring and evaluation assistance. The results obtained were changes from patients who were given therapeutic communication⁹. In the study, Juwita (2022), a narrative qualitative method was used with data collection through observation and interviews⁴. Research Zahra (2023) used the literature review method⁵; in research, Anggraini (2023) and Dulwahab (2020) used the case study method^{7,9}. Research from Orwela (2022) using the multi-case study method⁶. The methods from those articles did not influence the results obtained.

In the journal Hananah et al. (2021), it is mentioned several things that need to be considered in conducting therapeutic communication, which is fulfilling all the needs of the victim; when the victim wants to talk, we must listen carefully, respect his attitude and opinion, accept his decision, and there should be no underestimation that he



is a victim. However, there is no mention of the results of these strategies. There is an explanation of the expected results of these strategies that can increase children's selfesteem and dignity so they can live a life of high enthusiasm as before¹². A similar thing is also conveyed in Suciati & Aulia (2019), where the stages of therapeutic communication are conveyed. Then, the journal mentions the purpose of therapeutic communication is for children to feel safe, communicate effectively, and ultimately heal from the experience of violence¹³. Both journals do not include the exact results, but the research by Hananah et al. (2021) shows some of the sample population of the strategies listed. In addition, there is also no mention of the sample population of the research conducted¹². Meanwhile, the article by Suciati & Aulia (2019) lists several objectives of the related therapeutic communication strategy, which is for children to feel safe, communicate effectively, and ultimately heal from experiences of violence. The samples used were two therapist informants, two child informants, and government institutions¹³.

Research conducted by Lila et al. (2013) shows that social support and stressful life events are related to psychological adjustment⁸. After analyzing several articles, Barlow & Dickens (2018) show that standardized leave rates in forensic settings reflect security level. There was little meaningful information on which to base the calculation of rates for civil settings. The most substantial evidence supports leave used for supervised discharge; other forms of leave lack an evidence base, and decisions appear to be made based on heuristic rules and unsupported assumptions. Clinical decisionmaking about therapeutic leave cannot be claimed to be evidence-based¹⁰. The two discussions from Lila et al. (2013) and Barlow & Dickens (2018) are unrelated to the results^{8,10}. This difference may occur due to different objectives. Research by Lila et al. (2013) was conducted to know the effect of social support and stressful life events on psychological adjustment (self-esteem and depressive symptoms) of perpetrators of intimate partner violence and the relationship between social support and psychological adjustment (self-esteem and depressive symptoms) of perpetrators of intimate partner violence and the relationship between the perpetrator's psychological adjustment and the attribution of blame to the victim⁸. Meanwhile, Barlow & Dickens (2018) study aimed to identify, critically evaluate, and synthesize empirical evidence on therapeutic leave from mental health inpatient settings¹⁰.

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So, in general, all the articles analyzed state that women and children most often experience cases of violence. However, it does not rule out the possibility that men also experience it, but the percentage is small. Victims of violence tend to experience low self-esteem and withdraw more from the social environment because they are traumatized by the events experienced, so they are afraid to interact with the social environment. Overall, the articles analyzed also state that in the management, victims of violence can be treated for their trauma with therapeutic communication. This therapeutic communication has the impact of reducing trauma, anxiety, insecurity, and low self-esteem. The presence of an empathic therapist and attentive listening can help victims feel heard and understood, reduce isolation, and increase self-confidence. Through therapeutic communication, victims of violence can gradually open up, express their feelings, and understand the psychological impact that may arise from the violence they have experienced. Therapists can help them identify healthy coping strategies, build social support, and design steps for recovery.

Conclusion

Victims who experience violence often experience trauma, feelings of betrayal, helplessness, and bad stigma from society; this can harm the mental state of the person's condition. When patients visit health facilities, nurses must pay attention to the emotional state of the patient; in this case, therapeutic communication is proven to help the healing process in patients from victims of violence. Therapeutic communication can be implemented such as listening carefully when patients speak, respecting the attitudes and opinions of patients, and not underestimating patients by always giving positive sentences; by implementing this therapeutic communication, it is hoped that it can help control patient emotions, reduce patient insecurity and anger, and improve the relationship between nurses and patients so that the patient's healing process is faster and more effective.

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Conflict of Interest

None

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Example:

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