

*Article***Revealing the reality and solutions to domestic violence**Hasudungan Sinaga¹¹Ilmu Hukum, Universitas Tama Jagakarsa, Indonesia

Abstract: Family is the main foundation of society. Every family carries the dream of building a harmonious, loving and happy environment. A healthy family is the foundation for the growth and development of individual family members, as well as their positive contributions to society at large. However, behind this dream, there is a reality that illustrates how complex family dynamics are in facing challenges that come in the form of domestic violence. Therefore, handling domestic violence cannot only rely on a legal approach alone, but also requires a change in people's mindset and awareness of domestic violence. Research is expected to inform strategies to provide better protection for victims of domestic violence and alleviate the situation of domestic violence. Research is expected to inform strategies to provide better protection for victims of domestic violence and alleviate the situation of domestic violence. Future research is expected to conduct in-depth analysis of factors that increase the risk of domestic violence as well as factors that can protect individuals from violence.

Keywords: Domestic Violence; Reality; Solutions.

1. Introduction

Domestic violence is not an isolated phenomenon, but is a global issue that affects people from various backgrounds and economic levels (Sihabudin, 2022). Domestic violence knows no limits on age, gender or social status (MAEMUNA & RI, n.d.). It is rampant in various forms, including physical violence that harms the body directly, psychological violence that destroys emotional well-being, economic violence that hinders financial independence, and sexual violence that damages a person's integrity (Parawansa, 2023). Data collected by LBH APIK Jakarta during the 1998-2002 period highlights the trend of increasing cases of domestic violence, an indicator that cannot be ignored. These figures reflect that the problem of domestic violence is not only limited to one area, but has spread to all corners of Jakarta, even pervading various levels of society in Indonesia as a whole (Junaidi et al., n.d.). In a broader view, this shows that domestic violence has become a problem that requires serious attention and collective efforts from various parties (Sunarso et al., 2022).

It needs to be acknowledged that domestic violence is not just a symptom that appears without a cause (MAEMUNA & RI, n.d.). There are various factors that influence the existence and prevalence of domestic violence in society (Rahayu, 2023). Some of them can be seen from social, economic and cultural aspects (Rahmat, 2021). Social conditions that complicate access to education, employment and access to justice are factors that can trigger or worsen domestic violence situations (Haq, 2022). Likewise, economic factors, such as financial stress or financial dependence on a partner, can exacerbate already tense conditions in a household (Kurniawan et al., 2020). Meanwhile, the culture inherent in society also influences perceptions of domestic violence (Christovani & Pawitan, 2021). Some traditions or social norms can form a mindset that minimizes the serious impact of violence, and even tends to ignore it. Therefore, handling domestic violence cannot only rely on a legal approach alone, but also requires a change in people's mindset and awareness of domestic violence (Aprilianda, 2017).

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In this context, this research aims to dig deeper into the reality of domestic violence in Indonesia. By understanding the root of the problem and the influencing factors, it is hoped that effective solutions will be found to overcome domestic violence and build a harmonious and happy family (Aini & Afdal, 2020). This research also aims to contribute to society's understanding of the importance of preventing and overcoming domestic violence in an effort to build a safer and more prosperous society (Inayah, 2020). By analyzing this problem comprehensively, it is hoped that a strong foundation will be formed for further efforts to create an environment free from violence for all Indonesian society (Rukhayati, 2019).

Domestic violence (KDRT in bahasa) is a serious problem that has a damaging impact on family life (Manumpahi et al., 2016). Various researchers and experts have conducted studies to reveal the complexity and prevalence of this problem. One relevant research is a study conducted by Zastrow & Bowker in 1984 in the United States. The results of their research show that more than 50% of families in the United States experience cases of domestic violence (Anwar, 2022). This figure provides an illustration of the extent to which the problem of domestic violence can affect society in a developed country such as the United States (Rusyidi & Hidayat, 2020). With such high numbers, it is clear that domestic violence is an issue that requires serious attention in efforts to prevent and handle it.

In Indonesia, the problem of domestic violence is also a quite worrying phenomenon (Firdaus, 2023). Almira At-Thahirah in her research in 2006 noted that around 24 million women in Indonesia admitted to having experienced violence, especially in rural areas (Manumpahi et al., 2016). This figure indicates that domestic violence is not a problem limited to certain groups, but is a common challenge for Indonesian society at large (Siswanto et al., 2021). Domestic violence which is spread across various levels of society demands attention and concrete action to minimize its negative impacts. (Kosberg & Cairl, 1986) in their research highlighted the traumatic impact of domestic violence, especially on the psychological aspects of the family members involved. This impact does not only stop at physical wounds, but also includes deep emotional wounds. Traumatic experiences such as these can impact an individual's psychological and emotional well-being, even over the long term (Budiman et al., 2023). Therefore, efforts to overcome domestic violence must include aspects of psychological rehabilitation for victims.

Seto Mulyadi, who is a representative of the National Commission on Children, placed special emphasis on the problem of violence against children (Purba & Batubara, 2022). The findings show that violence against children is not only limited to physical violence, but also includes various forms of abuse, including psychological and sexual (Andini, 2019). What is even more surprising is the fact that most violence against children is perpetrated by their own parents (Lickona, 2022). This illustrates that the safety and protection of children in the household is an urgent need that must not be ignored. This literature review highlights that domestic violence is a complex problem that affects various aspects of family and community life (Ubaidillah, 2023). Data from research by Zastrow & Bowker (1984), Almira At-Thahirah (2006), Lau and Kosberg (1984), and Seto Mulyadi from the National Children's Commission, provide a comprehensive view of the prevalence and impact of domestic violence in society. Therefore, efforts to break the frame of domestic violence require a holistic approach that includes prevention, intervention and rehabilitation to ensure the safety and well-being of family members. Theoretically, this research will provide information that domestic violence has a wide range of impacts, not only physically, but also emotionally and psychologically. The theoretical implication is that the approach to addressing domestic violence should include psychological rehabilitation for victims and practically in addition to the legal approach, handling domestic violence also requires psychosocial interventions, especially in helping victims overcome the traumatic impact of domestic violence.

2. Materials and Methods

The method applied in this research is the literature study method. The literature method is an approach belonging to social research, which aims to collect and analyze

data through reviewing various literature sources related to the research focus, namely domestic violence. In this context, literature studies provide researchers with the opportunity to gain an in-depth understanding of aspects related to domestic violence, through exploration of various books, articles, reports and other written sources that are relevant to the topic being studied. The selection of literature methods in this research was carried out with the aim of investigating and analyzing various perspectives, findings and resolution efforts that have been put forward by previous researchers regarding the problem of domestic violence. With this approach, it is hoped that researchers can reveal the reality surrounding this phenomenon and contextualize the various methods or approaches that have been applied in efforts to overcome this violence.

Not only that, the data analysis method applied in this research is the analytical descriptive method. The analytical descriptive approach aims to collect, organize and analyze data taken from various literature that has been investigated. The collected data will be analyzed to gain a deeper understanding of the types of domestic violence, influencing factors, as well as various solutions that have been proposed by previous researchers. Through this approach, researchers will attempt to identify patterns, trends and conclusions that can be obtained from the literature that has been reviewed. The results of this analysis will be the basis for formulating recommendations and solutions that are more effective in dealing with the problem of domestic violence.

This research will focus attention on efforts to break the frame of domestic violence. This approach will involve a deconstruction process of this issue through a thorough literature study and in-depth analysis of the collected data. Thus, it is hoped that this research will provide a deeper understanding of the reality of domestic violence and solutions that can be proposed to overcome this problem.

3. Results and Discussion

Understanding Domestic Violence in Depth

Domestic Violence is a serious symptom that includes a series of violent behaviors carried out by individuals within the household environment. This can involve caregivers, parents, or partners engaging in physically, emotionally, and even financially harmful actions towards other members of the household. In the realm of domestic violence, there are several forms of violence that are manifested. First, physical violence is one of the most easily recognized forms. This includes the use of physical force that causes pain, serious injury and, in extreme cases, even death. Actions such as hitting, biting, or even burning the victim are examples of physical violence that shake the victim's emotional and physical stability.

Not only that, domestic violence also includes sexual violence which includes all forms of sexual activity that are forced against the victim's will. This includes forcing sexual relations in an unwanted or unnatural way. In fact, in some cases, sexual violence can be carried out for commercial purposes or certain interests. No less worrying, emotional violence is also a significant part of domestic violence. The constant threats, criticism and insults hurled at the victim cause deep psychological trauma. The impact can include loss of self-confidence, anxiety, and even depression.

Meanwhile, financial control is also an important aspect of domestic violence. This includes attempts to manipulate and control the victim's finances, often with the aim of gaining personal gain. This can take the form of refusing to provide funds for basic needs or even limiting the victim's access to economic resources. As regulated in Acts No. 23 of 2004 concerning elimination of domestic violence, domestic violence includes every action against individuals, especially women, which results in physical, sexual, psychological suffering, or even neglect in the domestic context. This includes various relationships, such as husband, wife, children (including adopted children and stepchildren), as well as other family members who are related through blood, marriage, breastfeeding, parenting and guardianship. In fact, domestic workers who live in the household are also protected by this law.

Through research conducted by Lau and Kosberg in 1984, four types of violence could be identified, namely physical, psychological, economic (including theft of money or personal property), and violations of rights. Children who are victims of domestic violence are vulnerable to experiencing stunted body growth, weaker physical strength, and feeling helpless against aggressive actions. With this in-depth understanding, we can go further to address and prevent domestic violence in society.

Forms of Domestic Violence

Domestic Violence (KDRT in Bahasa) in Indonesia is still considered a neglected phenomenon, even by the majority of society. Many women experience violence in the domestic sphere, but are often reluctant to report it. They consider it a disgrace that should not be known by others. This condition forms a picture like an iceberg, where only a small portion of domestic violence cases are revealed publicly, while most other cases remain hidden and unexposed. To overcome this problem, it is imperative to comprehensively understand the various forms of violence that may occur in the household:

Physical abuse

Physical violence is not just actions that cause physical pain, but also includes various behaviors that can result in serious injury and even psychological trauma. Actions such as kicking, slapping, hitting, bumping, and even biting are concrete examples of forms of physical violence that can occur in the household. Apart from visible physical injuries, physical violence also has a profound impact on the victim's psychological well-being. They may experience emotional stress, anxiety, and even serious psychological disorders due to the trauma they have experienced. Therefore, it is very important for victims of physical violence to receive medical treatment that not only addresses physical injuries, but also provides support and recovery for their mental health. In situations of physical violence, ensuring that victims receive adequate medical attention appropriate to the severity of their injuries is a must. This step is not only to restore the physical condition, but also to help the victim overcome the psychological impact that may arise as a result of the incident.

Psychological Violence

Psychological violence involves a series of behaviors capable of creating an environment of fear and causing serious psychological damage. Victims of psychological violence often experience various consequences that affect various aspects of their lives. Behavior such as threats, intimidation, insults and insults are concrete examples of psychological violence. Threats and intimidation can create a persistent feeling of fear, resulting in a drastic reduction in the victim's self-confidence and self-esteem. Swearing and insults are not only emotionally hurtful, they can also damage a healthy self-image and trigger feelings of helplessness.

The effects of psychological violence are not limited to when the incident occurs. They can have serious long-term impacts, especially on the psychological development of children. Children who are exposed to psychological violence tend to have difficulty building healthy social relationships, developing a strong sense of self-confidence, and expressing emotions appropriately. Not only that, victims of psychological violence may also experience mental health disorders such as depression, anxiety and psychological trauma. They often have difficulty dealing with daily stress and pressure due to continuous psychological burden. It is important to remember that psychological violence is not a trivial problem. Its deep and sometimes hidden impacts require serious attention from society and authorities. Through collective awareness and action, we can help break the frame of psychological violence and create a safe and supportive environment for all individuals.

Sexual Violence

Sexual violence is a form of oppression that includes various acts of forcing sexual relations that the victim does not want. This may include forcing sexual intercourse in an unnatural manner, using physical force or threats, or taking advantage of circumstances where the victim is unable to provide valid consent. Apart from that, sexual violence also includes forcing sexual relations against another person for commercial or other specific

purposes. Women are the group most vulnerable to sexual violence. The impact of sexual violence can leave a deep mark on the victim's life. Physically, they can suffer serious injuries and long-term health complications. In addition, victims also often experience severe mental and emotional disorders, including post-traumatic stress disorder (PTSD), depression and anxiety. Not only that, sexual violence also has the potential to disrupt the victim's social functioning and interpersonal relationships. They may have difficulty trusting others, difficulty forming healthy relationships, or even experience social isolation due to the stigma and shame often associated with sexual violence. Therefore, detecting, reporting and providing support to victims of sexual violence is an important step in helping them recover and starting the healing process. Apart from that, the need for public education and awareness regarding sexual violence is also the key to preventing similar cases from occurring in the future.

Domestic Neglect

Domestic neglect is not just about not providing financial support to family members. Moreover, it includes actions that lead to limiting an individual's access to economic opportunities. This can include prohibitions or restrictions on working inside or outside the home. Along with this, neglect also involves excessive control of an individual's freedom, which can include restricting access to health and education services. However, neglect can also contain more complex dimensions. This includes psychological aspects, such as a lack of love and attention towards family members. In addition, it can manifest in the form of excessive control, which can result in a loss of individual autonomy and sense of dignity. Thus, household neglect does not only involve financial issues, but also includes aspects of household life as a whole. This includes health services, education, and protection of the basic rights of every individual in the household. Understanding in depth the various forms of domestic violence is a crucial first step in uncovering the reality of this problem. With broader knowledge and awareness, it is hoped that society can collectively commit to eliminating all forms of violence, especially against women, thereby creating a safe, just and empowering environment for all individuals.

Causes of domestic violence

The causes of Domestic Violence can be grouped into two main factors. The first factor is internal factors, which arise due to the weakening of each family member's ability to adapt to each other. This results in a tendency for family members to act discriminatory and exploitative towards weaker family members. The second factor is an external factor that arises due to environmental intervention outside the family. These interventions can influence family members' attitudes and result in exploitative behavior towards other family members, especially women and children. Apart from that, the causes of domestic violence can also come from a lack of communication, disharmony, economic problems, inability to control emotions, inability to find solutions to household problems, as well as conditions of incapacity due to drunkenness, alcohol and drugs. In some cases, husbands may commit violence against their wives because they are frustrated due to their inability to fulfill their responsibilities, especially for couples who are not ready to marry (young marriage) and have financial limitations and are dependent on parents or in-laws. From these conditions, husbands or men often seek escape through negative behavior such as drinking, gambling, drugs and sex, which ultimately leads to venting against their wives in various forms of violence, including physical, psychological, sexual violence and even neglect.

The causes of domestic violence against women can be varied and complex, and these factors are not the only causes. Regardless of the cause, it is important to remember that all forms of violence against women are serious crimes against humanity. If it is not addressed and continues, this can result in the emergence of various new problems in the future. In order to solve the frame of domestic violence (elimination of domestic violence), it is important to investigate the root problems that cause it. The three main theories that provide in-depth insight into the occurrence of domestic violence are biological theory, frustration-aggression theory, and control theory (Zastrow & Browker, 1984).

Biological Theory

Biological theory brings us to a perspective that recognizes that humans, like animals, have an aggressive instinct that is innate from birth. Sigmund Freud, with his research, revealed that humans harbor a desire for death which can drive them to indulge in acts of violence against themselves and others. This view is reinforced by Robert Ardery, who emphasizes that humans have the instinct to conquer and control territory, this phenomenon often triggers interpersonal conflict and violent behavior. Konrad Lorenz, through his work, made it clear that aggression and violence are very useful mechanisms for survival. Individuals who show aggressive behavior tend to be better able to reproduce and survive, while those who are less aggressive are more vulnerable to being eliminated from the competition for life. It is important to realize that in this theory, aggression is considered a natural response inherent in human nature. In an evolutionary context, aggressive behavior can be considered a necessary strategy for survival. However, in modern society, it is important to find ways to direct and control this aggressive instinct so as not to endanger social life and harmony in the household.

Frustration-Aggression Theory

The frustration-aggression theory describes violence as the result of a response to a frustrating situation. When individuals experience frustration, they tend to channel this tension through aggressive actions. For example, a teenager who is the target of teasing may respond with aggressive behavior in retaliation. However, although this theory provides valuable insights, there is complexity in explaining why frustration leads to violence in some individuals but not others. It is important to remember that the response to frustration can be influenced by a number of factors including individual coping, past experiences, and the level of stress experienced. In addition, social and environmental situations can also play an important role in moderating the relationship between frustration and aggressive behavior. Therefore, in efforts to understand and prevent domestic violence, it is important to consider context and additional factors that may influence how individuals respond to frustrating situations.

Theory Control

Control theory focuses on the importance of satisfying and healthy interpersonal relationships as a determining factor in the occurrence of domestic violence. According to this theory, individuals who experience dissatisfaction or incompatibility in relationships with others tend to be more susceptible to violent behavior when faced with frustrating situations. Travis Hirschi, in his research, found that adolescents with a history of physically aggressive behavior often face difficulties in building close and trusting relationships with others. Additionally, control theory also notes that levels of violence tend to be higher among ex-convicts and individuals who feel isolated from their social networks. This shows that a lack of social support and positive interactions can be a triggering factor for violence. Individuals who feel marginalized or isolated tend to have more difficulty managing their emotions well, making them vulnerable to aggressive behavior. It is important to recognize that domestic violence does not only originate from dissatisfaction in intimate relationships, but can also be influenced by social interactions in the wider environment. Therefore, developing social skills and strengthening social support networks can be an important step in preventing domestic violence. By understanding the critical role of interpersonal relationships, society can work together to create a safe and supportive environment for all individuals.

By considering these various theories, it can be concluded that variations in domestic violence are influenced by biological factors, frustrating situations, and the quality of interpersonal relationships. More specifically in Indonesia, the problem of domestic violence is often triggered by a lack of communication, disharmony, economic factors, difficulty controlling emotions, challenges in finding solutions to household problems, as well as the negative influence of alcohol and drug consumption. Therefore, strategies for preventing and dealing with domestic violence must involve a holistic approach that includes social, psychological and economic aspects of the individual and family. In this way,

concrete steps can be taken to overcome and prevent the occurrence of domestic violence in society.

The Impact of Domestic Violence on Children

In exposing the reality of domestic violence, it is important to understand its impact on children at various stages of development. Marianne James of the Australian Institute of Criminology (1994) has identified several crucial aspects that are affected, including cognitive abilities, problem-solving abilities, and emotional functioning.

Impact on Infant Children

The early stage of life, namely infancy, is a very vulnerable and important period in forming the foundations of child development. However, unfortunately, babies who are exposed to domestic violence experience limitations in terms of cognitive abilities and adaptation. Research conducted by Jaffe et al (1990) highlighted that babies who witness violence between parents tend to experience serious impacts on their health. These children often exhibit disturbed sleep patterns, experience less than optimal health, and become prone to excessive screaming. In certain cases, the mother, who should be a source of protection and security for the baby, may have difficulty providing adequate emotional and physical support due to disturbances that occur in the household. This impact also causes abnormalities in children's emotional growth and development, creating serious obstacles in the communication process. It is important to remember that babies are individuals who are very sensitive to their environment. Unstable and violent conditions can disrupt their early development, affecting how they process information and understand the world around them. Therefore, understanding and addressing the impact of domestic violence on babies is key to providing a healthy foundation for subsequent development.

Impact on Young Children

At this stage, children begin to develop basic attempts to attribute the causes of behavior to the expression of their emotions. Research by Cummings et al (1981) shows that expressions of anger can cause difficulties for young children, especially when accompanied by physical attacks by other family members. This can also threaten children's sense of security in their environment. Those most vulnerable may be young children who are still learning to navigate their emotional world. It is important to remember that boys and girls may react differently to anger. Boys may be more likely to canalize their emotions in the form of physical aggression, while girls may be more likely to experience emotional distress internally. This shows that the impact of domestic violence on young children can appear in various forms, and requires special treatment that understands the individual dynamics of each child. Additionally, the long-term effects of continued exposure to violence also need to be considered. Young children who are consistently exposed to these situations may internalize violence as part of relationship dynamics, which may influence how they view and respond to conflict situations later in life. Therefore, preventive and intervention measures are needed to help young children overcome the psychological impact of domestic violence. This includes facilitating a safe space to talk about emotions, providing appropriate psychological support, and helping them develop healthy problem-solving skills.

Impact on Pre-School Age Children

In-depth research by Cumming (1981) sheds important light on the impact of domestic violence on children at the pre-school stage, especially around the age of 5 or 6 years. At this early stage, children exposed to violence tend to show three different types of behavioral reactions. First, most of them express negative emotions with symptoms of anger, which is then followed by a level of sadness and a desire to block or intervene. Second, about 17% of them showed no emotion at first, but then experienced increased anger. Third, more than one third of these children showed high levels of emotionality during conflict, reflecting high levels of distress.

A further study by Davis and Carlson (1987) found that preschool children who witnessed domestic violence had a tendency to display aggressive behavior and experience difficulties with eating patterns, especially boys. These findings indicate that exposure to violence at the preschool stage may exacerbate concerning behavioral symptoms. Hughes

(1988) also adds an important dimension to this discussion. Her research shows that kindergartners who witness domestic violence have much higher levels of stress and more serious behavioral problems than those who do not experience similar situations. This emphasizes that the impact of domestic violence is not only short-term, but can also have long-term implications for the emotional well-being and behavior of pre-school children. With a deeper understanding of the impacts at this stage, it becomes increasingly urgent to find effective solutions to address domestic violence and protect children from its damaging consequences.

Impact on Elementary School Age Children

At the elementary school age stage, the role of parents becomes very significant in shaping children's worldview. Research by Jaffe et al (1990) shows that children at this age learn quickly that violence is one of the most appropriate ways to resolve conflict. They begin to understand that aggressive behavior and conflict are possible strategies for humanitarian relations. The impact of witnessing domestic violence at home also affects children's academic performance and emotional well-being. Research by Hughes (1986) shows that elementary school children who are exposed to violence tend to experience difficulties at school. This is reflected in academic achievement which tends to be low, reluctance to go to school, and concentration problems. However, what you need to remember is that children at this stage are very sensitive and can adapt quickly. Therefore, there is an opportunity to reverse these negative impacts through appropriate interventions, providing them with a safe and supportive environment, and promoting healthy problem-solving skills. In addition, educating children at elementary school age about healthy ways of expressing emotions and resolving conflict can be a very important first step in breaking the frame of domestic violence.

Impact on Adolescents

In the adolescent stage, children have reached a higher level of cognitive maturity and adaptation. They begin to recognize the complexity of family dynamics and social networks outside the home, including the influence of peers and the school environment. The results of a study by Davis and Carlson (1987) show that living in a family burdened by violence can increase the risk of psychological distress, especially in adolescent girls. However, it is important to remember that responses to violence can vary between individuals, depending on each child's mental resilience and personal strength. Not only that, research also highlights that conflicts witnessed by teenagers between parents can have a significant impact. Boys tend to show higher levels of aggression, while girls may tend to show more passive responses. Furthermore, it is important to recognize that adolescents may face difficulties in interpreting and managing emotions arising from exposure to domestic violence. This can affect their social relationships, including interactions with peers and academic performance. Identifying and providing appropriate support at this stage is a key step in helping young people cope with the emotional impact of domestic violence. Understanding the impact of domestic violence on children at various stages of development is an important step in efforts to address domestic violence. Preventive measures, psychological support and appropriate interventions are needed to help children face this difficult situation.

Efforts to deal with domestic violence

Domestic Violence is a serious problem that requires a comprehensive approach. In an effort to handle domestic violence cases, there are two main approaches that can be implemented, namely the curative and preventive approaches. Both play an important role in bringing concrete solutions to this problem. a) Organizing educational programs for parents to develop educational skills and treat children with warmth and understanding. The goal is to build a healthy emotional foundation within the family structure. This approach includes a variety of activities, including interactive training, seminars and workshops specifically for parents. The material presented includes effective communication techniques, an understanding of child development, and strategies for educating with empathy. By strengthening these skills, it is hoped that parents will be able to create a loving family environment, minimize the potential for conflict, and strengthen

emotional bonds between family members. b) Provide special skills to family members so that they are able to report domestic violence incidents quickly and accurately to the authorities who can provide assistance and protection. This program aims to empower family members with the knowledge and skills necessary to overcome domestic violence situations. They will be trained to recognize the signs of violence, know the procedures for reporting it, and gain access to a competent support network. In this way, family members will feel more confident in taking steps to protect themselves and other family members from the dangers of domestic violence. c) Encourage family members to identify and prevent behaviors that have the potential to trigger domestic violence, and promote healthy and respectful relationships. Through targeted intervention programs, family members will be encouraged to understand the factors that trigger domestic violence and learn how to manage emotions wisely. They will also be taught about the importance of open communication and mutual respect in family relationships. By building healthy and understanding relationships, it is hoped that the potential for conflict can be minimized. d) Build awareness of the serious consequences of domestic violence, create fear of violent behavior and emphasize the importance of safety in the family environment. Education and awareness of the consequences of domestic violence are crucial steps in a curative approach. This involves conveying clear information and facts about the negative impacts that violence can have, both physical and psychological. By building fear of these consequences, it is hoped that individuals will be more inclined to avoid domestic violence behavior. e) Providing provisions to prospective husbands and wives or new parents through premarital education programs to ensure the formation of a family life that is harmonious, peaceful and full of understanding, with the aim of avoiding the occurrence of domestic violence. The premarital program will provide comprehensive preparation for prospective couples or new parents. They will gain knowledge of effective communication, conflict resolution, stress management, and parenting skills that build strong, loving family relationships. In this way, it is hoped that a family environment will be created that is free from potential violence. f) Select and filter mass media content, both print and electronic, to limit exposure to violent information. The importance of monitoring and controlling exposure to violent content in mass media cannot be ignored. This includes filtering information presented in both print and electronic media, so that family members can avoid exposure that could influence aggressive behavior or violence in the household. g) Caring for and educating children according to their individual characteristics and potential, ensuring their development takes place optimally in an environment full of love and support. The importance of educating children according to their needs and potential is the focus of this approach. This involves recognizing and respecting individual differences among children, as well as providing an environment full of love and support. By providing appropriate education, it is hoped that a strong generation will be formed and protected from domestic violence behavior. h) Demonstrate an attitude of empathy and concern without directing blame towards victims of domestic violence, so that they feel supported and encouraged to take positive steps. Empathy and caring attitudes are the main foundations of this approach. It is important to ensure that victims of domestic violence feel heard, understood and supported in the recovery process. Not blaming victims is the first step to building trust and giving them the strength to take steps towards liberation from violence.

4. Conclusions

On the journey towards a safe, comfortable and happy home life, we cannot avoid potential conflicts due to individual differences and socio-cultural backgrounds. Unfortunately, if this conflict is not resolved quickly, it can result in cases of domestic violence. In fact, domestic violence can develop from mild to severe, and can even result in death - a situation that we must avoid. However, in the midst of these challenges, we have the choice to respond wisely and proactively. It is important for each family member to have the skills and abilities to overcome domestic violence without having to sacrifice things that are very important. However, it also requires time and opportunities to learn and grow.

Therefore, educational and training initiatives within and outside the family are of paramount importance. It extends existing theories or concepts, paves the way for a better understanding of phenomena or provides a new framework for future research. The results of the study have limitations in terms of generalizability to whole populations or different contexts. Future research is expected to conduct in-depth analysis of factors that increase the risk of domestic violence as well as factors that can protect individuals from violence.

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