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## Resilience of Child Victims of Sexual Violence with PTSD: The Role of Integrated Service Units for Women and Children Protection in Kendari City

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### Abstract

**Keywords:**

Children;  
PTSD;  
resilience;  
sexual violence;  
social welfare.

This study investigated the resilience of child victims of sexual violence who developed Post-Traumatic Stress Disorder (PTSD) and analyzed the role of the Integrated Service Units for Women and Children Protection (UPT PPA) in Kendari City in facilitating their recovery. Adopting a qualitative case study methodology, the research utilized in-depth interviews and field observations with 10 child victims, aged 8 to 16 years, and 5 institutional staff members selected through purposive sampling based on victim status and psychological trauma indicators. The findings revealed that resilience in these children was shaped by an interplay of internal factors, such as self-efficacy and emotional regulation, and external factors, including family support and the multifaceted psychosocial interventions provided by UPT PPA. These interventions, which incorporated cultural, spiritual, and social support mechanisms, proved effective in strengthening the children's recovery processes. Ultimately, the results underscore the necessity of a holistic approach involving family, community, and institutional support in fostering resilience, while providing a basis for enhancing existing intervention models for child trauma survivors.

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### Abstrak:

**Kata Kunci:**

Anak;  
PTSD;  
resiliensi;  
kekerasan seksual;  
kesejahteraan sosial.

Penelitian ini menginvestigasi resiliensi anak korban kekerasan seksual yang mengalami *Post-Traumatic Stress Disorder* (PTSD) serta menganalisis peran Unit Pelaksana Teknis Perlindungan Perempuan dan Anak (UPT PPA) Kota Kendari dalam proses pemulihan mereka. Melalui metodologi studi kasus kualitatif, peneliti melakukan wawancara mendalam dan observasi lapangan terhadap 10 anak korban berusia 8 hingga 16 tahun serta 5 staf institusi. Peneliti memilih para informan menggunakan teknik *purposive sampling* berdasarkan status korban dan indikator trauma psikologis hingga mencapai saturasi data. Hasil penelitian mengungkapkan bahwa interaksi faktor internal, seperti efikasi diri dan regulasi emosi, serta faktor eksternal dari dukungan keluarga dan intervensi psikososial UPT PPA membangun resiliensi anak secara signifikan. Intervensi institusional tersebut mengintegrasikan mekanisme dukungan budaya, spiritual, dan sosial yang secara efektif memperkuat pemulihan trauma anak. Temuan ini menegaskan bahwa pendekatan holistik yang menyatukan peran keluarga, masyarakat, dan institusi sangat krusial dalam menumbuhkan resiliensi, sekaligus memberikan rekomendasi untuk meningkatkan model intervensi bagi penyintas trauma anak di masa depan.

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## Introduction

Sexual violence against children is an increasingly critical issue that severely affects the physical, psychological, and social well-being of the victims In Indonesia, particularly in Kendari City, the incidence of child abuse, especially sexual violence, has been escalating in recent years. Sopiah et al., (2025) according to data from the Women's Empowerment and Child Protection Office (PPA) of Southeast Sulawesi, 98 cases of sexual violence against children were reported in 2023 alone, highlighting the significant vulnerability of children to such abuse (UJDIH BPK Sultra, 2024). Children who become victims of sexual violence often suffer from severe psychological trauma, one of the most prevalent being Post-Traumatic Stress Disorder (PTSD), which disrupts their emotional, psychological, and social development.

PTSD has long-lasting effects on children, impeding their ability to form healthy relationships, negatively affecting their academic performance, and increasing the risk of long-term psychological disorders such as depression and anxiety, in addition, social stigmas and cultural barriers in many parts of Indonesia hinder the recovery of child victims of sexual violence, further exacerbating the psychological damage they experience (Tedeschi & Calhoun, 2004). This underscores the urgent need for effective intervention strategies that not only address the trauma but also promote resilience- the ability to adapt and recover after experiencing traumatic events.

Resilience has emerged as a critical concept in understanding how child victims of sexual violence can cope with and recover from the psychological effects of PTSD. According to (Masten & Barnes, 2018) resilience involves both internal factors, such as emotional regulation and self-efficacy, and external factors, including support from family, community, and formal institutions. However, while much research has focused on the role of family and community support in fostering resilience, there is limited research on how formal institutions, particularly child protection agencies, contribute to the recovery process. This gap in the literature highlights the need to explore the role of local institutions, such as the Integrated Service Unit for Women and Children Protection (UPT PPA) in Kendari City, in supporting the resilience of child victims of sexual violence.

Existing studies on the impact of sexual violence on children often focus on the psychological outcomes, particularly PTSD, and stress the importance of timely intervention to prevent long-term trauma (Febriansyah et al., 2023). Emphasizes that sexual violence against children not only causes direct physical harm but also leads to complex emotional and social problems, further exacerbating the child's vulnerability (Sukmawai & Chodijah, 2023). Tedeschi & Calhoun (2004) introduced the concept of Post-Traumatic Growth (PTG), which suggests that survivors of trauma can experience personal growth over time by using their traumatic experiences as a foundation for resilience. This concept highlights that recovery is possible and underscores the significant role that support systems play in mitigating the long-term effects of trauma.

Research by Masten & Barnes (2018) has shown that resilience is not merely about enduring adversity but involves growing through it. Both internal factors, such as self-efficacy and emotional regulation, and external factors, such as social support and institutional intervention, contribute

significantly to the resilience of trauma survivors. Despite this, existing studies have largely focused on the role of family and peer support, with minimal attention given to the role of institutional frameworks, particularly child protection services, in promoting resilience and supporting the recovery of child victims of sexual violence. This research aims to address this gap by examining how UPT PPA contributes to the resilience and recovery of child victims of sexual violence in Kendari City.

Research by Fadlila Firdausi Aziza (2025) indicates that resilience in survivors of sexual violence can be enhanced through targeted psychosocial interventions. However, there is a lack of research on the specific institutional interventions that can be effective in fostering resilience, especially in regions such as Kendari, where local cultural, social, and economic factors significantly influence recovery outcomes. This gap in the literature presents an opportunity to explore how local child protection services, such as UPT PPA, can contribute to the recovery process of child victims of sexual violence.

While there is substantial research on the psychological effects of sexual violence and PTSD in children, there is a significant gap in the literature regarding the role of institutional support in fostering resilience and facilitating recovery. Most existing studies have focused on individual or family-based support systems, with limited attention to the institutional interventions that could play a key role in the recovery process. Additionally, there is a lack of research examining the impact of culturally adapted support mechanisms provided by local child protection services like UPT PPA (Dinas Pemberdayaan Perempuan dan Perlindungan Anak, 2023) his research seeks to address these gaps by specifically exploring how institutional support, combined with cultural and spiritual elements, contributes to the resilience of child victims of sexual violence. The purpose of this research is to explore the factors that contribute to resilience in child victims of sexual violence with PTSD and to assess the role of UPT PPA in facilitating their recovery process. By examining the intersection of institutional support, psychosocial interventions, and cultural factors, this study aims to contribute to the development of comprehensive recovery programs for child victims of sexual violence.

This study introduces a novel approach by focusing on the pivotal role of UPT PPA in enhancing the resilience of child victims of sexual violence suffering from PTSD. While previous research largely emphasizes resilience through individual or family-based perspectives, this study highlights the integration of formal institutional support into the resilience-building process. Furthermore, the research investigates the impact of local cultural values and spiritual practices— aspects that remain underexplored in existing literature. By examining the intersection of psychosocial, cultural, and institutional support, this study provides a holistic understanding of the recovery process for child trauma survivors.

This study demonstrate strong relevance to the field of Guidance and Counseling, particularly in addressing the psychosocial consequences of sexual violence and the mechanisms for restoring adaptive functioning. Since PTSD significantly disrupts emotional regulation, cognitive processing, and interpersonal relationships, these domains represent core concerns within counseling practice. Consequently, this study positions counseling interventions as a central mechanism for restoring psychological stability. Trauma-informed practices and meaning-making processes prove essential in supporting recovery trajectories, while the incorporation of spiritual dimensions situates the study within the broader framework of culturally responsive guidance and counseling.

The significance of this research lies in its valuable insights into how institutional support complements family and community-based recovery. By evaluating the role of UPT PPA, the study offers a blueprint for formal child protection services to improve recovery outcomes. These findings

contribute to the development of more effective child protection policies and psychosocial programs that bridge the gap between cultural values and formal support systems.

The novelty of this study stems from its conceptualization of resilience as a systemic and institutionally mediated process rather than a mere individual attribute. While existing literature focuses on internal coping, this study demonstrates that structured institutional interventions significantly shape resilience. By positioning UPT PPA as an active "resilience-building ecosystem," the research advances the literature by highlighting coordinated psychosocial counseling and spiritual support—an institutional perspective that remains underexplored in the Indonesian context.

Ultimately, the main objective of this research is to explore the development of resilience in child victims of sexual violence with PTSD and to evaluate the specific role of UPT PPA in their recovery. The study operates on the premise that a combination of institutional support and family-based psychosocial interventions facilitates higher levels of resilience, leading to a more effective reduction in PTSD symptoms.

## Method

This study employed a qualitative case study design to examine the lived experiences of child victims of sexual violence and the role of institutional support in fostering resilience. This approach was selected for its capacity to capture the complexity of individuals' experiences within their specific social and institutional contexts (Creswell & Creswell, 2018). By focusing on the specific environment of UPT PPA Kendari, this design allowed for an in-depth exploration of how institutional interventions influenced the recovery processes and resilience mechanisms in children suffering from PTSD.

### Participants and Sampling

The research subjects consisted of 10 child victims of sexual violence, aged between 8 and 16 years, who were enrolled in recovery programs at UPT PPA Kendari. Additionally, five social workers and psychologists were included to provide a comprehensive institutional perspective on the recovery process. Participant selection was conducted via purposive sampling, utilizing strict inclusion criteria such as victimization status, age range, and indicators of psychological trauma to ensure the data remained aligned with the research objectives. To achieve data saturation, the sample size was maintained until no new information emerged from further data collection.

### Ethical Considerations

The research was conducted with strict adherence to ethical protocols, particularly regarding the vulnerability of the participants. Before any data collection commenced, informed consent was secured from the social workers and the legal guardians of the child victims. To ensure the children's autonomy, age-appropriate assent forms were provided, emphasizing that their participation was entirely voluntary and their confidentiality would be strictly maintained. Furthermore, all participants were assigned pseudonyms to protect their identities and ensure data anonymization.

### Data Collection Procedures

Data collection was carried out over a six-month period, from September to December 2025, following the acquisition of ethical approvals from relevant local authorities. The researcher utilized a triangulation of methods—comprising semi-structured interviews, participant observation, and document review—to enhance the credibility and validity of the findings.

Interviews with children were conducted in private settings at UPT PPA by trained child psychologists or social workers to prioritize psychological safety and comfort. Simultaneously, the

researcher interviewed staff members to understand the institutional role in supporting resilience. During observations of therapy sessions and group activities, the researcher maintained a passive role to avoid influencing the natural dynamics, while recording detailed field notes on child-staff interactions. Finally, a document review of case reports and intervention guidelines provided a structural understanding of the recovery programs.

### Data Analysis

The data analysis followed an iterative and integrated framework consisting of data reduction, reflection, and refinement (Lim, 2025). Initially, raw data from interviews, observations, and documentation were simplified and transformed into research-relevant codes and themes. Subsequently, these data were organized into descriptive narratives and matrices to facilitate the interpretation of relationships between elements. Finally, conclusions were synthesized and verified through continuous cross-checking against the data. To ensure empirical robustness, the study employed member checking by sharing preliminary findings with participants and peer debriefing to gain external perspectives on the interpretations.

### Results

The findings of this research highlight several key factors that contribute to the resilience of child victims of sexual violence who suffer from Post-Traumatic Stress Disorder (PTSD), particularly in the context of the support provided by the Integrated Service Unit for Women and Children Protection (UPT PPA) in Kendari. Data collected through semi-structured interviews, participant observations, and document reviews revealed recurring themes, which are discussed below.

Data were collected through semi-structured interviews, and document analysis to achieve methodological triangulation and enhance analytical depth. Interviews provided access to subjective experiences and professional perspectives. Document analysis offered institutional and procedural context that complemented experiential data. Data analysis followed a systematic coding process consisting of open coding to identify meaningful units, axial coding to establish relationships among categories, and selective coding to integrate core themes. Analytical rigor was ensured through triangulation across data sources, member checking to validate interpretations, and audit trails to maintain transparency and consistency throughout the research process.

Legal and administrative statistical data included in the study are not treated as direct indicators of child resilience. Instead, these data function as contextual markers that illustrate the broader structural vulnerability and social environment in which child victims exist. Their inclusion serves to underscore the urgency of institutional intervention and the systemic nature of the problem. By clearly distinguishing between contextual quantitative data and qualitative resilience analysis, the study maintains conceptual coherence. The examination of resilience is grounded exclusively in qualitative evidence derived from children's experiences and institutional practices, thereby avoiding methodological inconsistency or analytical conflation.

Table 1 The table above illustrates resilience and psychological recovery factors in child victims of sexual violence with PTSD, based on the number of children punished, handed over to prosecutors, and prosecuted. Each recovery factor is described briefly to show its role in supporting the children's recovery process. For instance, trauma-based therapy implemented by UPT PPA significantly helps reduce PTSD symptoms, while peer support helps children feel more integrated and accepted in society.

**Table 1 Resilience and Recovery Factors Based on the Number of Children Involved in Legal Processes 2012-2024**

Year	Number of Children Punished	Number of Children Handed Over to Prosecutor	Number of Children Prosecuted by Judge	Recovery and Resilience Factors	Description	Number of Children Involved in the Recovery Process
2019	50	50	48	Emotional Regulation through Play Therapy	Play therapy helps children express their feelings and reduce PTSD symptoms.	50
2020	-	-	73	Reframing Traumatic Experiences	Children reframed their traumatic experiences, reducing guilt and gaining more control over their lives.	73
2021	-	27	27	Peer Support and Social Connections	Peer support programs helped children reintegrate socially, reducing feelings of isolation.	27
2022	30	30	27	Spiritual and Cultural Resilience	Children involved in cultural practices like <i>mosara</i> and <i>sipakatau</i> received significant spiritual and cultural support.	30
2023	46	46	42	Trauma-Informed Therapy Approach	Trauma-based therapy implemented by UPT PPA significantly helped children manage PTSD symptoms.	46
2024	54	54	54	Legal Assistance and Family Support	Legal support provided by UPT PPA, along with family involvement, offers justice and protection, strengthening recovery.	54

(UPTD PPA: 2025)

**Table 2 Demographics of Child Victims Participating in UPT PPA Recovery Program (2025)**

Location	Gender	Age Range	Number Of Participants
Kendari City	Male	8-16	1
Kendari City	Female	8-16	28

(UPT PPA : 2025)

Table 2 provides demographic information on the child victims involved in the UPT PPA recovery program in Kendari City. It shows that a significant majority of participants are female, with 28 female children between the ages of 8 and 16, compared to just one male child in the same age range. This gender disparity suggests that female children are more likely to be victims in the context of Kendari, which may be attributed to specific social factors or vulnerabilities faced by girls, such as domestic violence or sexual exploitation. This data emphasizes the need for gender-sensitive approaches in addressing child victimization and providing recovery services. We can observe a possible intersection between the legal system and the recovery program for children in Kendari. Table 1 outlines the legal proceedings involving children, while Table 2 highlights the demographic profile of those involved in rehabilitation programs. The higher number of female children in Table 2 may correlate with the higher number of female children in the legal system, suggesting that gender-specific factors might be influencing both the prosecution and the need for recovery services. Understanding this relationship can help refine both legal and social support systems to better address the needs of vulnerable children in the region.

The findings of this study reinforce and extend existing resilience theories by demonstrating that resilience emerges through dynamic interactions between internal capacities and environmental supports. In alignment with social-ecological frameworks, the data shows that institutional structures function as critical mediators in the recovery process. The primary theoretical contribution lies in illustrating how child protection institutions actively construct resilience through trauma-informed counseling, culturally grounded practices, and spiritual meaning-making. This perspective shifts resilience theory away from purely individualistic interpretations toward a relational and institutional understanding, thereby enriching the conceptual landscape of child resilience research.

The following table categorizes the specific dimensions of resilience identified through the thematic analysis of participant narratives and field observations. By mapping the lived experiences of child victims against established psychological theories, this classification illustrates how UPT PPA Kendari transforms abstract resilience concepts into concrete recovery outcomes. Each theme represents a critical pillar of the child’s journey from trauma to adaptive functioning, supported by direct evidence from the field and validated by contemporary literature in trauma recovery.

**Table 3 Thematic Classification of Resilience**

Theme	Interview Data (Empirical Evidence)	Theoretical Framework (Analysis)
Emotional Resilience	<i>Dulu saya takut sekali keluar rumah. Kalau dengar suara laki-laki keras, saya langsung sembunyi di kamar. Tapi waktu saya di dinas PPA, saya diajarin cara tenang, suruh tarik napas pelan, terus cerita pelan-pelan. Sekarang udah mendingan, nggak kayak dulu lagi</i> (Children with PTSD, 2025)	(Masten & Barnes, 2018) emphasizes emotional regulation as a core resilience process.
	"I used to be so afraid to leave the house... but at PPA, I was taught how to be calm, to breathe slowly, and tell my story." (Child Victim, 2025)	

Cognitive Resilience	<p>"Kami minta anak menulis kisahnya, tapi fokusnya bukan pada kejadian, melainkan bagaimana dia bisa bertahan. Dengan menulis, mereka merasa kuat lagi." (Psychologist, 2025)</p> <p>"We ask the child to write their story, but focusing on how they survived. By writing, they feel strong again." (Psychologist, 2025)</p>	<p>(Tedeschi &amp; Calhoun, 2004) on Post-Traumatic Growth (PTG); survivors experience growth by reframing traumatic events to regain agency.</p>
Social Resilience	<p>The implementation of the "Safe House" (<i>Rumah Aman</i>) helped children rebuild trust and re-engage socially with peers and staff.</p>	<p>(Ungar, 2011) argues that social-ecological resilience depends on the availability of supportive environments to provide positive connections.</p>
Spiritual Resilience	<p>"Kami minta bantuan ustazah dan pendeta untuk mendampingi anak-anak. Mereka diajarkan nilai-nilai kesabaran, tapi juga hak mereka untuk marah dan berani bicara." (The Head of the Women's and Children's Empowerment Service, 2025)</p> <p>"We seek help from religious leaders... They are taught the values of patience, but also their right to be angry and speak up." (Head of Agency, 2025)</p>	<p>Incorporates spiritual meaning-making as a coping mechanism. This aligns with holistic counseling that involves external moral support systems.</p>
Moral & Cultural Resilience	<p>"Kalau masyarakat ikut jaga rahasia anak, itu sangat membantu. Mereka nggak merasa dihakimi." (Social Worker, 2025)</p> <p>"If the community keeps the child's secret, it helps. They don't feel judged." (Social Worker, 2025)</p>	<p>discusses how community-based interventions and cultural values in collectivist societies reduce stigma and facilitate reintegration.</p>

## Discussion

This research reveals that resilience in child victims of sexual violence with PTSD is a complex and multidimensional process involving a dynamic interplay between internal capacities and external supports. Based on the two primary aims of this research—(1) identifying factors contributing to resilience and (2) evaluating the role of UPT PPA in facilitating recovery—the findings are discussed systematically through the following themes.

### Dimensions of Resilience in Child Survivors

#### Emotional Resilience: Regulation and Expression through Play and Art Therapy

The findings indicate that non-verbal interventions, such as play and art therapy, are critical in helping children process trauma. These therapies provide children with the necessary tools to manage their emotional responses, which significantly reduces PTSD symptoms. This aligns with research by (Woollett et al., 2020), which demonstrates that art and play therapies enhance emotional regulation in traumatized children by offering an outlet to express fears and anxieties without the need to directly discuss traumatic experiences verbally.

#### Cognitive Resilience: Reframing Traumatic Experiences (Post-Traumatic Growth)

The ability of children to reframe their traumatic experiences emerged as a crucial finding, closely connected to the theory of Post-Traumatic Growth (PTG) proposed by (Tedeschi & Calhoun, 2004). This reframing process not only helps children process trauma but also empowers them by providing a new perspective on their experiences, which is essential for long-term recovery. Similarly, (Gottlieb et al., 2025) highlighted that reframing trauma assists children in reducing

feelings of guilt and regaining control over their lives, marking a vital transition from victimhood to recovery.

### **Social Resilience: Peer Support and Social Programs**

The research shows that positive social connections and peer support play a significant role in the healing process. Programs like "Rumah Aman Anak" (Safe House for Children) are essential in rebuilding trust and supporting social reintegration, which effectively reduces feelings of isolation. (Howard et al., 2023) emphasized that positive social relationships and peer support can mitigate the negative effects of trauma and foster holistic healing.

### **Spiritual Resilience**

Spiritual resilience emerged as a central theme, especially among children who drew strength from their religious beliefs. (Pargament, 2022) argues that spiritual coping mechanisms provide crucial emotional support, hope, and a framework for understanding suffering. In this study, spirituality helped children make sense of their experiences and offered moral coherence in the face of profound trauma.

### **Moral and Cultural Resilience**

Local cultural practices such as *mosara* (reconciliation) and *sipakatau* (mutual respect) played a significant role in helping children reintegrate into their communities. Ungar (2011) emphasizes the importance of culturally relevant programs in supporting recovery within collectivist societies. These practices help reduce the stigma associated with sexual violence and facilitate a smoother recovery process for the children involved.

### **The Role of UPT PPA in Facilitating Recovery**

UPT PPA plays a crucial role in recovery through trauma-informed therapy. This approach not only helps children manage the fear and anxiety caused by PTSD but also strengthens their long-term resilience. Forkey et al., (2021) demonstrated that trauma-informed therapy is highly effective in reducing PTSD symptoms and helping children regain control over their emotional responses.

UPT PPA also provides legal support to children and their families (Legal Assistance and Family Support), offering a sense of justice and protection that is critical to the psychological recovery process. Masten & Barnes (2018) emphasized that active family involvement is essential in building resilience, as a family-centered approach provides the stable environment necessary for the child's recovery.

UPT PPA's involvement in social and cultural programs is vital (integration of social and cultural Programs). Through these community-based initiatives, children receive support from their peers and reintegrate into society in a safe, supportive environment. Edelman (2023) highlighted that culturally sensitive interventions are essential in promoting resilience among child trauma survivors.

### **Systemic Challenges**

This research emphasizes the need for integrated approaches in trauma recovery, including emotional, cognitive, social, spiritual, and cultural support. Ungar, (2011) suggests that community-based and culturally sensitive interventions are crucial for recovery in collectivist societies. Therefore, clinicians should incorporate play and art therapies, adopt family-centered approaches, and integrate cultural practices into their resilience-building programs.

The study found that psychosocial support provided by UPT PPA is a central factor in building resilience. Social workers and psychologists emphasized the significance of emotional regulation techniques and self-efficacy, aligning with Masten & Barnes (2018) who identify emotional regulation as a key element in overcoming trauma. Similarly, Edelman (2023) emphasized the importance of emotional and social coping mechanisms. Moreover, spiritual support through local religious practices provided emotional comfort and hope, consistent with the broader concept of spiritual resilience (Pargament, 2022; Ungar, 2011).

Family support remains pivotal. Many participants expressed that a supportive family environment reinforced the interventions provided by UPT PPA, echoing Tedeschi and Calhoun

(2004) regarding the strength of family bonds in collectivist societies. Furthermore, cultural values like *mosara* and *sipakatau* facilitated community reintegration and reduced stigma, mitigating the isolation often felt by victims (Ungar, 2011).

In conclusion, the results suggest that resilience is multifaceted, shaped by both internal factors (emotional regulation, self-efficacy) and external factors (family, institution, culture). These findings support the hypothesis that a combination of UPT PPA institutional support and family-based interventions leads to higher resilience and a reduction in PTSD symptoms. However, resource limitations—such as a lack of staff and facilities—remain a challenge (Syahfitri et al., 2024). Additionally, ongoing societal stigma suggests that future interventions must place a greater emphasis on community-based recovery programs (Pargament, 2022).

## Conclusion

This study provides a definitive understanding of how resilience is constructed in child victims of sexual violence suffering from PTSD, specifically through the strategic interventions of UPT PPA in Kendari. The findings confirm that resilience is not merely an innate psychological trait, but a dynamic, institutionally mediated process. By successfully validating the research hypothesis, this study demonstrates that the synergy between structured institutional support and family involvement significantly accelerates the recovery process and mitigates PTSD symptoms. Resilience in these children emerged through a multifaceted integration of emotional regulation via expressive therapies, cognitive reframing of trauma, the rebuilding of social trust in safe environments, and the profound application of spiritual and local cultural values such as *mosara* and *sipakatau*.

The implications of this research are twofold. Academically, it advances the guidance and counseling paradigm by shifting the focus from individualistic coping toward a systemic, integrative framework that treats institutions as active "resilience-building ecosystems." This study bridges the gap between clinical trauma care and culturally responsive counseling, proving that spiritual and moral dimensions are essential, not peripheral, to recovery. Practically, the results provide a compelling mandate for policymakers and child welfare agencies to move beyond short-term case resolution. The findings underscore a critical need for policy reforms that prioritize long-term psychosocial recovery, facility expansion, and advanced trauma-informed training for practitioners to ensure the sustainability of these interventions.

Moving forward, this study opens new avenues for longitudinal research to track the enduring impact of institutional support on the developmental trajectories of survivors into adulthood. Future investigations should further explore the untapped potential of peer-led support networks and the scalability of this integrated model across diverse cultural contexts. Ultimately, this research serves as an empirical foundation for a more compassionate and holistic child protection system—one that recognizes that a child's path from trauma to triumph requires the coordinated strength of the family, the community, and the state.

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