

Attitudes to Help: Reviewed from Sexual Harassing Experience and Assertive

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Abstract: Sexual harassment cases experienced over time. Annual Note of the National Commission of Women 2017 indicates sexual violence that occurs in community reach 3,092 cases. Sexual harassment victims who face intimidation from perpetrator tend to bury their experience and do not tell others, refuse to seek help from professionals. Most victims do not want to tell the story because shame, fear, and afraid will suffer more, both socially and economically. Victims also feel that reporting their cases may lead to negative public stigma and lead to chronic trauma. The subject in this research is the female student of UIN Malang. This research uses *purposive sampling technique* of 322 subjects. The instrument used in data collection is the *Sexual Experience Questionnaire* scale developed by Fitzgerald et al., the Assertiveness scale, *Mental Help-Seeking Attitudes Scale*. The results showed that overall, there was an effect of assertiveness and experience of sexual harassment on attitudes in relief seeking. The partial analysis shows that as the more severe the experience of sexual abuse experienced, the more reluctant the victim seeks help. This result means that victims who get light harassment such as gender harassment will tend to seek professional help, whereas victims of severe sexual coercion will tend to be reluctant to seek help.

1 INTRODUCTION

Currently, the community often faced with cases of sexual abuse experienced by children and adults. Sexual harassment defined as a behavior that contains sexuality elements and is done by some people so that the victim gets an adverse effect on the behavior that happened. Victims of sexual harassment will feel ashamed, angry, humiliated even feel losing their self-esteem. In this case, the perpetrators' sexual harassment includes flirting, puffs, touch on specific body parts, invitation to have sex and rape (Bahri, 2015). Perpetrators of sexual harassment are generally male, and most of the victims are women and children.

Annual Note of the National Commission of Women in 2017 describes the sexual violence that occurred in the community reached 3,092 cases (22%). In comparison with other cases of women, sexual violence was ranked first with 2,290 cases (74%), then physical violence 490 cases (16%) and other violence below 10%, such as psychological violence 83 cases (3 %), migrant workers 90 cases

(3%), and trafficking 139 cases (4%). Type of sexual violence is most common in the community sphere is rape (1,036 cases) and sexual abuse (838 cases). In cases of sexual violence that occur, often not found relation kinship, biological relationships or marriage between the perpetrator and the victim. The perpetrators of sexual violence are employers, neighbors, teachers, co-workers, community leaders, or unknown persons (Perempuan, 2017)

Another analysis of the Ministry of Women Empowerment and Child Protection of the Year 2017 shows the number of sexual violence that occurred in Indonesia divided into several categories. *First*, based on the crime scene: 622 cases occurred in the household, 18 cases at work, 58 cases at school, 128 cases in public facilities, and 238 cases elsewhere. *Second*, victim classification based on education: consists of 232 victims are in elementary education, 206 are in junior high school, 406 victims are in high school education, 92 victims are not in school, 107 victims are in higher education. *Third*, based on the relationship between the victim and the perpetrator, the perpetrator is the victim's parents 166 cases. The perpetrator has a family relationship

with the victim 64 cases. The perpetrator has marriage relationship 273 cases; the offender is the boyfriend of the victims 186 cases, the perpetrator is the teacher of victim 34 cases, while the other relationship of perpetrators and victims not identified as many as 169 cases. This case shows that sexual violence still occurs anywhere with an unbalanced power relations relationship and a more submissive inclination of victims (SIMPONI_PPA, 2018).

The results of Artaria revealed 11 victims of sexual abuse at a renowned faculty in Indonesia. Most victims do not want to tell the story because of embarrassment, afraid, worried about experiencing other consequences both socially and economically when the perpetrator knows that the victim has told him what he has done. The victim feels that it will significantly affect the psychological condition and negative stigma of the community when it is known. They also claimed that the incident caused trauma well after the incident and many years after the incident. Victims from their student environment will change academic plans, cancel even they quit college (Artaria, M.D, 2012)

Victims tend not to be able to reject invitations because they get threats from the perpetrator. This condition is allegedly related to the victim's assertiveness. A study says that an assertive person is a person who can defend, express the feelings, opinions, and wishes of others directly, frankly, and firmly without any feelings of anxiety and not envy others. Individuals with high levels of assertiveness tend to perform effective and adaptive self-defense when faced with threats, whereas others with low levels of assertiveness tend to experience mental stress. Individuals with assertive behavior have the belief that people can learn from their mistakes because mistakes are not the end of everything. Mistakes are necessary corrected. Formation of assertive behavior can be done through steps to realize what beliefs have been in the self-individuals and realize the rights they have (Jempormasse, 2015).

Another study found that in sexual violence in courtship, women will tend to seek help over men. Help-Seeking Behavior (HSB) is an action taken by a person to get help from others, both formally and informally, according to the difficulty level of the problem faced with the goal of solving the problem at hand. The victim will seek help from a man or woman who is still in close contacts, such as a parent, friend or person who happens to be around the incident. Satisfaction of sources of assistance obtained from friends is higher than other aid

providers that is as much as 79.9% (Panglipur, 2014). Victim attempts to report sexual harassment at the institution will tend to decrease if it gets a negative response from the institution (Bergman, Langhout, Palmieri, Cortina, & Fitzgerald, 2002). Available evidence shows the risk of significant sexual violence affecting both girls and boys in many geographical and institutional settings. Married teenage girls are vulnerable to sexual violence by couples in their homes. Children in schools are vulnerable to sexual abuse by peers and adults. Victims rarely reveal incidents and rarely seek support. Besides, the experience of trauma in childhood was strongly linked to acts of sexual violence and revisitation in the future (Rumble et al., 2018).

In Indonesia, the phenomenon of sexual harassment has relatively recently discussed. Various factors inhibit the emergence of phenomena, especially individual factors. Sexual harassment victims faced with an equally painful choice of losses faced by sexual harassment and embarrassment when the issue publicized. The absence of clear legal procedures and regulations in Indonesia regarding sexual harassment resulted in unsatisfactory sexual harassment problems. As a result, victims of sexual harassment choose to resolve non-legal issues such as reconciling with the perpetrator, resolving family matters, withdrawing from work or ignoring the disorder with the risk of a psychological impact affecting his or her performance (Dzuhayatin & Yuarsi, 2002). Present those exposures, the study of the impact of the experience of sexual harassment and the victim's assertiveness on the attitude of seeking help becomes essential for the study.

2 THEORETICAL REVIEW

2.1 Sexual Harassment

There are three important aspects of sexual harassment — first, behavior. In this case, the person's behavior associated with the sexual content, whether the individual's behavior is sexual. Second, the situational aspect. A situational speak of review differences in individual behavior and where such behavior occurs. Third, the aspect of legality, whether the behavior of individuals is reasonable and legal. These three aspects can generally define sexual behavior (Cornell, 2016).

Based on behavioral aspects, sexual harassment described as a form of behavior in which there is a sexual element so unwanted by the recipient or the victim. Such behavior arises in various forms, both temporally and verbally. In general, verbal abuse happens more often than physically. Experts mention the verbal form of unwanted sexual harassment in the form of sexual jokes, dating invitations, messages that contain sexual elements and requests for continuous sexual services with threats. Sexual harassment in the form of physical temptation that often happens is gaze on the parts of the body of the opposite sex that can increase the perpetrator's sexual desire, not infrequently the perpetrator will give a different look to the victim usually in the form of an eye blink. It can happen in a quiet and supportive situation. Besides, sexual harassment also viewed from the situational aspects that can occur and be done anywhere in certain conditions. Most of the victims were women and children of racial origin, age, characteristics, marital status, social class, education, occupation, workplace, and income (Fitzgerald & Cortina, 2017).

2.2 Assertivity

Baron argues that assertiveness is an individual's ability to express what he feels, ideas and beliefs openly and to maintain the truth without being aggressive. While Myers's assertiveness is the style of personal communication that is open, direct, and honest in expressing feelings, maintaining rights, thoughts, as well as needs (Baron & Byrne, 2005), according to Lloyd, assertiveness behavior is an active behavior, direct and honest. Individuals who have assertive behavior can express concern for themselves and others so that there is good communication about what the desire, needs and self-rights with what others want (Novalia & Dayakisni, 2013).

Assertive behavior influenced by gender this is related to the role, and education applied to men and women. Since childhood, the community has instilled that men must be firm and women tend to be passive, so it is seen as a weak individual because it tends to be subject to command. It means that men will be more assertive behavior compared with women (Bossuyt & Van Kenhove, 2018; Parham, Lewis, Fretwell, Irwin, & Schrimsher, 2015).

Lloyd argues there are several assertiveness characteristics, including a) able to say no politely and decisively; the individual can state no when there is a desire from others or his views. b) able to express honest feelings, the individual does not deny

his or her feelings or feelings toward others, be realistic, the individual does not exaggerate, downplay something. c) the individual will speak truthfully and honestly to others, and d) be able to express likes and priorities, the individual does not suspend anything to associate with anyone and the individual will express his or her priority without any distress (Novalia & Dayakisni, 2013).

2.3 Attitude Seeking Help (Helping Seeking Behavior)

Helping-seeking is an individual effort to get help from others. Help-seeking is a complex and dynamic process that includes people who ask for help, people who provide help, the type of aid requested, and the situation when asked for help. Rickwood and Thomas define help-seeking as a form of communication with others to get help. Such help may be in the form of advice, information, and support for troublesome problems or experiences (Rickwood & Thomas, 2012). Help-seeking can interpret as a form of problem-solving that depends on the help of others. Help-seeking or seek assistance is defined as a process of responding to problems that cannot solve on their own, including active efforts and involving third parties. As a process, the behavior of seeking help has three characteristics, namely: problem-oriented, deliberate action, and interpersonal interaction (Cornally & McCarthy, 2011).

Sexual harassment is an act that contains the element of sexual intercourse, which in most cases the perpetrator is male and the victim is a woman. While the form of acts committed to sexual harassment in the form of physical and non-physical activities. A study shows that significantly women who are victims of sexual abuse tell more about their experiences of sexual abuse because of limited perceived support (Young, Pruett, & Colvin, 2018).

Assertive behavior is an honest behavior can convey the wishes, needs and what is right in line with what the other person wants. So that established communicate well. In cases of sexual violence, victims tend not to be able to reject the invitation because they get threats from the perpetrator. This condition is related to the assertiveness of the victim. Assertiveness can help the victim to respond negatively to the invitations and threats of the perpetrator. Besides, assertiveness can also encourage victims to seek help after the occurrence of sexual harassment. The victim will ask for help to men or women who still have close relationships such as parents, friends or people who

happen to be around the incident. Satisfaction of sources of assistance obtained from friends (79.9%) (Panglipur, 2014). So it can be concluded that assertiveness may affect the attitude of seeking help in sexual harassment cases.

3 METHODS

This research uses a survey method with a quantitative approach. The reason for using this method is that the researcher wants to do mapping of student experience related to sexual harassment that is related to motivation to seek help and assertiveness. The results of the data obtained will be analyzed using the statistical calculation of multiple linear regression analysis. The goal is to know the effect of the dependent variable can be predicted through independent variable predictors, individual, or together.

The population of this study is a female student of UIN Maulana Malik Ibrahim Malang which amounted to about 9000 students. Reason for using the female student as a respondent because from previous studies mentioned that compared to male students, a female student has a higher susceptibility sexually abused.

The sample used in this study are 322 female students taken by *purposive sampling*. From the age of the participants in this study between the ages of 17-24 years with an average of 19.6 years

Data collection instruments used; 1). Sexual Harassment Experience Scale: this scale adapted from the Sexual Experience Questionnaire (SEQ) develop by Fitzgerald et al., (1988), consists of 35 items. The scale divide to 3 sub-scale that is; a). Gender harassing; On a subscale consisted of 7 items. In this research have the value of Cronbach's alpha of 0, 629. The example items for the sub-scale, e.g., "*Looking at you from head to toe to the fullest lust.*" b) unwanted sexuality concerns. On a subscale consists of 21 items. In this research have the value of Cronbach's alpha of 0.875. For example, "*Inviting "you to sit beside him for some reason";*" c) forcing sexual coercion: On a subscale consisted of 7 items. In this research have the value of Cronbach's alpha of 0.441. For example, "*firing you when you are not physically or sexually related to her.*" 2). Assertiveness scale from Alberti & Emmons The scale consists of 18 items. Examples of the items *I can express my feelings to others frankly.* (Alberti & Emmons, 1970) 3). Seeking-Help Attitude scale. (Hammer, Parent, & Spiker, 2018). This scale consists of 9 items that are semantic

differential. In this research have the value of Cronbach's alpha of 0.830 For example, asking for help from others for sexual trespassing on campus "*in vain - useful.*"

This research uses the method of analysis of linier multiple regression analysis and description. The data analysis is done using the Microsoft Excel help and Statistical Product and Serice Solution (SPSS) 20 for windows. A report of the report aims to expose the subject description for each of the dimensions in sexual harassment and Helping – seeking attitude — analysis of categorization by using a scale of norms by calculating the mean hypothetical (M) and standard deviation (SD). Categorization divided into three categories covering high, medium and low on each variable.

Table 1. Categorization Standart

Category	Range
High	>Mean+1SD
Medium	1SD - Mean + 1 SD
Low	< Mean-1SD

To perform hypothesis testing or to view the relationship between the variables of assertiveness, gender harassing; sexuality concerns: forcing unwanted sexual coercion toward helping-seeking attitude. Using multiple linear regression analysis.

4 RESULTS

As described above, that in order to give you an idea about the description of the data, then the following descriptive data analysis results for each variable.

Table 2: Experient As Gender Harassment Victim

Intention	Frequency	Percent
Often	1	,3
Ever	32	9,9
Never	289	89,8
Total	322	100,0

Most of the participants or 89.8% claimed to have never experienced gender harassment. On the other hand, there are 10% more female students are involved as participants in the study admitted to never and often experienced abuse as women. Includes harassment start talks about gender and sexually charged jokes, teasing, showed interest in gestures or words.

Table 3. Unwanted Sexuality Concerns Victim Experient

Intention	Frequency	Percent
Often	1	,3
Ever	25	7,8
Never	296	91,9
Total	322	100,0

Most of the participants or 91.9% admitted not ever to treat unpleasantly related to sexuality. On the other hand, there are 8.1% more female students are admitted once and often have gotten treatment. Unwanted sexuality concerns, e.g., pokes at the hit and other treatments deemed objectionable shows good pictures as well as videos, sites related to pornography. Try to make physical contact, such as poking, patting shoulders and pinch

Table 4: Experient As Forcing Sexual Coercion Victim

Intention	Frequency	Percent
Often	0	0,0
Ever	2	0,6
Never	320	99,4
Total	322	100,0

The data shows that almost all respondents claimed to have never experienced coercion to sexual intercourse, there are only two people, or 0.6% admit to never experience the imposition for sexual intercourse. Some things money related to coercion in a sexual context is pleading for sexual intercourse, threatening, libelous, and if as a tool for sexual intercourse. Also, there have been attempts to perform acts of kissing even raped physically.

Table 5. Helping Seeking Attitude

Categorization	Frequency	Percent
High	246	76,4
Medium	71	22,0
Poor	5	1,6
Total	322	100,0

Most of the participants had a positive attitude that the assistance of professionals will give advantages for search help. There is only 1.6 percent claiming to be not too sure that assistance in the case of sexual harassment did not have a positive impact.

In seeking a helping attitude shows the extent to which the subject rate that professional help in the case of sexual harassment on campus have the effect of rewarding, invigorating, runs effectively, are considered essential, desired by the victim and satisfactory

Based on the analysis of experiences of sexual harassment and assertiveness influence the attitude of seeking help. The regression results show that ($F = 2.495$, $P < 0.05$). In the experience variable sexual harassment contributes ($R^2 = 0.031$) or in other words 3.1%. The results of partial analysis based on among the variables described in Table 6. as follows:

Table 6. Analysis for effect sexual harassment and assertiveness toward attitude helping seeking

Model	Standard ized Coefficients	t	P
Assertiveness	0,016	0,282	0,778
Gender Harassment	0,140	1,671	0,096
Unwanted sexuality concern	-0,107	-1.216	0,225
Sexual coercion	0,153	-2,383	0,018

Based on table 6 is described that the variable experience of sexual abuse has three aspects which contribute to a higher *gender* ($\beta = 0, 140$) compared with the *unwanted* aspects ($\beta = -0.107$) and on the *sexual* aspect has a contribution ($\beta = -0.153$). It means that the more severe the sexual abuse experienced, the lower the person will be to perform assertiveness behavior. Meanwhile, assertiveness variable contributes ($\beta = 0.016$). As for the partial variable assertive ($t = 0,282$; $p > 0,05$), variable experience of sexual harassment on the *gender* aspect ($t = 1.671$, $p > 0.05$), *unwanted* aspects ($t = -1.216$; $p > 0.05$) and on the *sexual* aspect ($t = -2.383$, $p < 0.05$). That is, a variable experience of sexual harassment and variable assertiveness do not affect the attitude of seeking help. This result happens because the higher the experience of sexual abuse that experienced than the individual will be lower to ask for help to others.

5 DISCUSSION

From the results of the data shows that most of the participants claimed to have never experienced sexual harassment, either gender harassing; sexuality concerns: forcing unwanted sexual coercion as reflected in the data. Although the figures did not show a statistically dominant, but these data illustrate that there are strict precautions in the handling of the case of sexual harassment in the institutions of higher education.

The reasons could put forward is; the first that the campus is the institution that is supposed to be zero accident. It means that the campus should be completely clear of sexual harassment cases. Given the campus became the site of education upholding morality.

Colleges as institutions and campuses as the location of learning had the official mandate and

expected to create private students to uphold the values and culture of the sublime. The campus is expected to contain with like-minded people outside, well-behaved and deep spirituality. People who are on the campus, ranging from leadership, professors, employees, and students must meet these criteria.

Students as agents of change need to learn to control themselves on campus, as well as a lecturer, the leadership and employees as the more powerful to have a central role in shaping a student personal should be a role model either. Ironically, relations of power between student-lecturers became a factor in the occurrence of sexual harassment on campus. Second, cases of sexual abuse are a sensitive case; not everyone was reluctant to reveal the case. The phenomenon of the iceberg followed this case. It is this means that the data revealed surface represents only the facts.

For victims of sexual abuse is not a comfortable experience to tell. The condition of trauma, fear, threats and feel sinful are the psychological conditions often experienced by victims. For victims telling others, even with a trusted person ever need struggle. For victims recount experience sexual harassment which had befallen him is tantamount to opening a personal disgrace, especially if under threat.

Third, another vulnerability in the case of sexual abuse is a victim of a potentially sustainable loss — a psychological condition that filled with the trauma of making victims angry even depression. Impingement this anger can be in the form of the direct perpetrators of the assault, but that much is redirection by doing redirects to another object. Even not rarely do impingement by doing self-injury. Feelings of anger will make victims feel entitled to do everything, then as the victim who is still a student's status as this incident will make him experience a decrease in concentrations and even to the failure in the study

Results of research conducted on 322 female students show that the experience of sexual abuse and assertiveness influences the attitude of seeking help. The significance value of the attitude of seeking help to female students is ($F = 2.495$, $p < 0.05$). While the experience of sexual harassment shows that the higher the experience of sexual harassment then the attitude of seeking help will be lower, the majority of respondents chose not to tell what had experienced because of its shame, useless and even be life-threatening. As Rusyidi and Nurwanti findings, the absence of resistance by victims of sexual harassment does not mean they are willing to be raped. The victim experienced feelings

of fear, anger and threatened the safety of his soul so choose to avoid and not to fight to anticipate the occurrence of things worse. Also, a passive attitude in seeking help can cause by the victim has not believed that there are people who can keep a secret and can provide solutions (Rusyidi & Nurwati, 2016).

Seeking essential help is done by people who are not able to solve their problems because the behavior of seeking help has a positive effect on mental health (Liang, Goodman, Tummala-Narra, & Weintraub, 2005). However, some individuals consider looking for help is unnecessary as a way of finding solutions (Schreiber, Renneberg, & Maercker, 2009). One of the factors that influence the intention of seeking help is the individual's attitude toward seeking behavior for help. Attitudes toward information seeking behavior are weak predictors of behavior controls believed to be. Logsdon et al. (2009) also found that attitudes were not a significant predictor of the intensity of seeking help to teenage mothers (Logsdon, Usui, Pinto-Foltz, & Rakestraw, 2009).

An individual who believes that the behavior of seeking help will bring benefits and goodness to himself will have the possibility to have an intention to seek help. Conversely, if one believes that the behavior of seeking help will not bring benefits and goodness for himself will have a small possibility to seek help (Nabi, Southwell, & Hornik, 2002).

The results show that the victim will feel that the help of others is increasingly burdening the problem. There is a tendency that the more severe the abuse experienced by victims will be more reluctant to tell stories and not believe that help will be a solution. Help-seeking is an essential factor in the handling of victims. The reluctance to seek help is due to mental blocking. The victim felt dirty and reluctant to stigmatize the community further. This condition is deplorable for the victim. If not addressed immediately, the negative emotions experienced by the victim can trigger a prolonged trauma even depression that leads to self-injury. Based on the result, it can suggest, to handle sexual harassment cases, besides improving the system of the world of work or campus atmosphere for prevention, the role of professionals to "pick up the ball" on victims of sexual abuse becomes very important to help the victim. Reliable channels like peer counseling are helpful. Results show that no correlation between assertive and a positive attitude of seeking help illustrate that the victim of sexual abuse who has self-efficacy to express his or her desires will likely

choose to overcome his problems to avoid further risks if asked for help.

Some of the weakness in the study is the first not all participants have experience regarding sexual harassment. Researchers understand that finding victims is difficult if any exist they are not necessarily willing to become participants in the research.

There is no presence of the influence of assertiveness against the attitude of helping-seeking is the thing that needs to test again. Theoretically, assertiveness is a variable that can reduce sexual harassment. One of the things that could consider is the obedient culture developing in college. For it was suggested at the next researcher to involve several variables that could help explain about this phenomenon, such as a trust to authority and social support.

6 CONCLUSION

From this research, it can conclude that the more severe sexual harassment tends to be the more making victims feel reluctant to seek help. In addition to this assertiveness no effect on a positive attitude in seeking help. Sexual harassment provides a substantial psychological impact on victims. It is necessary for the involvement of institutions in the prevention and healing of victims

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