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## **Psychological Impact of Victim of Psychical Violence in Household**

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### **Abstract**

Domestic violence (KDRT) is very complex violence and requires comprehensive treatment, and most of the victims are women (wives). The impact of violence against a wife is experiencing physical pain, mental stress, decreased self-confidence and self-esteem, experiencing a feeling of helplessness, experiencing dependence on a husband who has abused her, experiencing post-traumatic stress, experiencing depression, and wanting to commit suicide. The rate of domestic violence tends to increase every year, indicating that victims are starting to realize that acts of domestic violence are not something that can be normalized, so victims have the right to fight for their right to live safely and better. Marriage, which should be a comfortable space for a couple, has become the scariest space for some women. The factors that cause violence against women in the household, especially by husbands against wives, are very diverse. Domestic violence is a behavior that has a very complex impact on women who are victims of domestic violence. These acts of violence produce psychological impacts on women who are victims of domestic violence. One of the handling efforts is to fulfill the rights of women who are victims of domestic violence. Understanding the culture of equality is very much needed in the lives of couples, families, and society.

**Keywords:** Domestic violence, psychological violence, psychological impact

### **Introduction**

Every family wants to build a happy family full of mutual love, both physically and mentally; in other words, every family hopes to build a harmonious and happy family, which is often called a Sakinah family. However, the fact is that not all families can navigate the ark of their household smoothly because there are families who are not fully able to feel happiness and love and care for each other but instead experience feelings of discomfort, depression, or sadness and feelings of fear and hatred among each other. This is indicated by the fact that there are still problems in several households, with various types of domestic violence (KDRT) even occurring. Ironically, the amount of violence that occurs is increasing day by day, both

quantitatively and qualitatively; this indicates that there is a tendency for there to be an increase in Domestic Violence (KDRT) in Indonesia (Manumpahi *et al.*, 2016).

Violence is an action or deed committed by someone against someone's physical or mental psychology (Maisah dan Yenti, 2016). Psychological violence in the form of violence can be in the form of consequences or impacts arising from this violence, which will be different for each person. Even though acts of psychological violence are more painful because they can damage a person's honor, hurt a person's self-esteem, and damage the balance of the soul, psychological violence will not damage internal body organs or even actions that result in death. Violence, especially domestic violence, is a violation of human rights, a crime against human dignity, and a form of discrimination. Violence in any form and committed for any reason is a crime that cannot be justified. Therefore, no matter how small the violence committed, it can be reported as a criminal act that can be prosecuted.

Domestic violence is an act or deed or social phenomenon that has been going on for a long time in some households in the world, including in Indonesia. If so far this incident has barely been heard of, this is more due to the belief in society that domestic violence is a domestic event that is taboo to discuss openly. Forms of violence can be physical, sexual, psychological or verbal violence. According to Fitriana *et al.*, (2015), forms of verbal violence are divided into six types, namely: (1) unloving or cold, (2) intimidation, (3) mengecilkan dan mempermalukan orang, (4), kebiasaan mencela, (5) mengindahkan atau menolak; dan (6) hukuman ekstrim. Sementara belittling and humiliating people, (4), the habit of criticizing, (5) ignoring or rejecting; and (6) extreme punishment. Meanwhile, Ohoiwutun *et al.*, (2022) revealed that forms of verbal violence are divided into three types, namely: first, shouting; secondly cursing; and third, giving negative nicknames or labels. Violence has elements as well as causes and factors that underlie violence which can lead to psychological violence. The psychological impact of domestic violence is on victims of violence, namely: feeling anxious, afraid, depressed, always alert, constantly imagining things when they see similar cases, often daydreaming, moody, crying easily, having trouble sleeping, having nightmares, losing self-confidence, acting out feeling helpless, loss of interest in taking care of oneself, irregular lifestyle, decreased concentration, often committing careless actions, low self-esteem and not being confident in one's abilities, quiet, reluctant to chat, often locking oneself in one's room, loss of courage in opinions and actions, always feel confused and easily forgetful, often self-harming and attempting suicide, excessive and unusual behavior tends to be difficult to control oneself, aggressive, has a violent temperament and emotions in speaking and acting.

## **Literature Review**

Based on Law No. 23 of 2004 Regarding PKDRT, article 1 point 1 states that Domestic Violence is any act against someone, especially women, which results in physical, sexual, or psychological misery or suffering, and/or domestic neglect, including threats to commit acts, coercion, or confiscation. Freedom unlawfully within the household sphere. Likewise, article 2, paragraph 1 states that the scope of the household in this Law includes: (a) Husband, wife, and children (including adopted children and stepchildren); (b) People who have family

relations with the person as intended in letter a due to blood, marriage, breastfeeding, care, and guardianship, who live in the household (in-laws, in-laws, in-laws, and in-laws); and/or (c) People who work to help the household and live in the household (Domestic Workers). The progress of the Law on the Elimination of Domestic Violence is evidenced by several advances regarding the protection of women's rights in the Law on the Elimination of Domestic Violence, namely the confirmation that acts of domestic violence are a violation of human rights and a crime against human dignity as well as a form of discrimination, as well as a criminal act (Yuni, 2021). Acknowledging that the Indonesian legal system does not yet guarantee protection for victims of domestic violence. It is recognized that apart from physical violence, there is psychological violence, sexual violence, and domestic neglect/economic violence.

## **Research Method**

This type of study is a qualitative approach focusing on literature analysis because it uses descriptive data. A literature study or literature review is a study method that involves an in-depth review of various literature to explore information relevant to the discussed theme. This study aims to review the impact of domestic violence (KDRT) and its comprehensive handling. This study method includes various activities related to collecting information from various library sources, such as books, documents, and journals.

## **Result and Discussion**

Study results from (Lefta dan Kuanine, 2022) show that this study describes domestic violence analysis from the perspective of Christian ethics. Domestic violence includes actions that cause someone to suffer both physically and psychologically. Domestic violence occurs because many Christian households build their households not based on God's purpose. Domestic violence does not just happen, but various factors trigger someone to commit domestic violence in the family, namely factors of differences in cultural background, level of education, and even unfulfilled sexual needs of husband and wife. This problem causes problems in Christian families that result in trauma in the husband, wife, or children (Lisa, 2023). This reality is contrary to God's mandate regarding the existence of the household. It is clear that God created the family to have children, fill, guard, and care for the earth (Genesis 1:28). The mandate is realized if every Christian household lives in love and mutual understanding. To achieve the purpose of this writing, the author uses a qualitative method as a literature study and is supported by several online references to complete this writing. This study concludes that domestic violence is an act against God's command, a violation of human rights and the principles of Christian marriage. In overcoming domestic violence, the church as a spiritual institution must realize God's calling in this world according to its role and responsibility to anticipate the occurrence of domestic violence with premarital counseling guidance, organizing retreat activities, seminars, and visits to Christian family homes because the family is the spearhead and pillars for church services. Referring to the issue of domestic violence as dishonorable behavior, the direction of this article's study is at the level of

analytical studies, domestic violence, and Christian ethical perspectives. The results of the review of Christian ethics guided by the Bible as a basis for behavior can be described as an act against God's command, a violation of human rights, and a violation of the principles of Christian marriage God has established. This happens because, in Christian families, there is a crisis of love, so many cases in Christian families are not resolved. In overcoming the problem of domestic violence, the church as a spiritual institution that guides Christian families is a pillar for church services; one can imagine the condition of the church if the pillars experience shocks and are scattered; what happens is the church loses its function as an institution that fosters the spirituality of its congregation. Therefore, the church immediately realized that the problem of domestic violence is a problem that needs serious attention. The integrity of a Christian household is highly expected of every individual through fellowship carried out within the scope of the church and society to improve a harmonious and peaceful life.

Study results from (Galingging *et al.*, 2024) aim to examine the role of Christian Religious Education in combating Domestic Violence (DV) and violence against children by exploring the understanding of the concept of "Imago Dei" in Christian theology. The study method used in this study is a literature study. The causes of domestic violence and violence against children are Communication problems, relationships between husband and wife, economics, mental and emotional problems, and instability of marriage or relationships. Therefore, Christian Religious Education becomes a foundation that can strengthen Christian families to fight domestic violence and violence against children (Aini *et al.*, 2023). The results of this study show that understanding Imago Dei in Christianity can be a strong moral foundation to fight violence by teaching values such as love, forgiveness, and respect for each individual as an image of God. Christian religious education can play an important role in changing the attitudes and behavior of its members so that they become agents of change who are committed to fighting domestic violence and violence against children. Humans are people created in the image and likeness of God; of course, they must love this creation; humans are not individuals but communal. Humans are God's creations. Therefore, loving the creation in God's image and likeness is important. Humans can differ in terms of race, ethnicity, religion, skin color, and facial features, and can have different views on thinking, politics, ideology, presidential choices, and party choices. However, what is certain is that as God's creations, humans are in the image and likeness of God. Is not being in the image and likeness of God higher than all these differences? Shouldn't Imago Dei lead God's people to love fellow human beings?. Violence in families and society is not a new phenomenon. Violence has been going on for a long time and always haunts life together. Violence that occurs in families and society requires the church not to look the other way. The church is the most appropriate place for victims who need help for acts of violence experienced by the victim. The church, as the closest institution and agency in family and community life, should be the leading institution in handling and overcoming victim trauma. Violence that occurs in families and society is not only a social, psychological, and legal problem but also a theological problem. This is because violence is not by God's will. Whatever the process, the church must stand at the forefront to voice freedom and support all who are voiceless and powerless.

**(a) Domestic Violence (KDRT)**

This life always brings together a woman and a man in a marriage bond. A sacred bond unites two different personalities. Differences in views, character, traits, and habits sometimes cause them to complement each other but sometimes also cause arguments in the household, which result in violence by one party against the other party. Cases of domestic violence are considered a problem that outsiders should not know about. Because it is a personal matter, domestic violence issues are considered a family secret. This assumption makes it difficult to find a solution to this problem. Domestic violence that occurs includes several aspects, as stated in Law Number 23, specifically in Article 5, namely physical violence, psychological violence, sexual violence, and domestic neglect. The four types of violence regulated in the law are forms of violence that are very often highlighted by various media because they have a direct impact on the victim's physical condition. It is not just physical violence experienced by wives; there is also a lot of known psychological violence, which is even more difficult for outsiders to know, and makes wives suffer a lot, but for various reasons, wives do not react and act as if they do not know, but what Surely inside the wife harbors various sufferings (Sumanto *et al.*, 2021).

Domestic violence is a hidden crime because both the perpetrator and the woman as the victim try to cover it up from the reach of society. The impact is that the victim is helpless, depressed, unable to work well, lacks self-confidence, and so on. The weak point of this type of psychological violence in the UUPKDRT is not being discussed in detail and in detail because it does not leave visible traces (Rionika dan Dermawan, 2019).

To protect women from acts of domestic violence and to provide justice for victims of domestic violence in Indonesia, the Indonesian Government promulgated UU-RI no. 23 of 2004 concerning the Elimination of Domestic Violence (hereinafter referred to as UUKDRT). Of course, the hope of the Government and society being aware of human rights is to enact Law No. 23 of 2004; domestic violence will decrease. UU no. 23 of 2004 is the legal basis that acts of domestic violence are not a private matter, but acts of violence are criminal acts (Ibrahim, 2022). Therefore, the State,"" must intervene in dealing with domestic violence as a form of responsibility towards citizens. To protect women from acts of domestic violence in Indonesia, the Indonesian Government promulgated UURI No. 23 of 2004 concerning the Elimination of Domestic Violence (Hereinafter referred to as UUKDRT). Of course, the hope of the government and society, aware of human rights, is that Law No. 23 of 2004 will decrease domestic violence. UU no. 23 of 2004 is the legal basis that acts of domestic violence are not a private matter, but acts of violence are criminal acts. Therefore, the State,"" must intervene in dealing with domestic violence as a form of responsibility towards its citizens (Marbun *et al.*, 2022).

***Forms of Domestic Violence***

According to Law Number 23 of 2004, acts of domestic violence are divided into 4 (four) types:

- 1) Physical violence is an act that results in pain, illness, or serious injury. Violent behavior included in this group includes slapping, hitting, spitting, hair pulling (grabbing), kicking,

cornering with cigarettes, hitting/injuring with weapons, and so on. Usually, this treatment will appear as blue, bruised face, broken teeth, or other scars.

- 2) Psychological or emotional violence, Article 7 of the Law on the Elimination of Domestic Violence states that psychological violence is an act that causes fear, loss of self-confidence, loss of ability to act, a feeling of helplessness, and/or other severe psychological suffering in a person. Violent behavior that includes emotional abuse is insulting, comments that hurt or lower one's self-esteem, isolating the wife from the outside world, and threatening or intimidating as a means of imposing one's will. The impact of psychological violence is more dangerous than physical violence because it traumatizes the victim and becomes a lasting burden on their life. If this happens repeatedly, the victim will suffer feelings of despair because they do not have any way to protect themselves or escape from the violence that has occurred.
- 3) Sexual violence, Article 8 of Law Number 23 of 2004 concerning the Elimination of Domestic Violence states that sexual violence is forced sexual relations carried out on people living within the household and forced sexual relations against someone within the household with other people. Others for commercial purposes or specific purposes. In this case, sexual violence is any act in the form of forced sexual relations in a way that is unnatural or undesirable, forced sexual relations with another person for commercial purposes, and sexual violence that results in certain conditions. Another form that is defined in forced sexual relations is isolation away from one's needs (Fitriah, 2021). People can even report sexual violence that occurs in their households or nearby areas to the police if the sexual violence that occurs is for commercial purposes.
- 4) Economic violence or domestic neglect, Article 9 of the Law on the Elimination of Domestic Violence states that economic violence or domestic neglect is that every person is prohibited from abandoning people within the scope of his household even though according to the law that applies to him or because of agreement or agreement he is obliged to provide life, care, sustenance to the person. Neglect also applies to anyone who causes economic dependence by limiting and prohibiting proper work inside or outside the home. Hence, the victim is under that person's control.

#### Factors Causing Domestic Violence

The causes of domestic violence can be classified into 2 (two) factors, namely internal factors and external factors (Kalingga *et al.*, 2021).

- 1) Internal factors  
Domestic violence (KDRT) can occur as a result of the increasingly weak adaptability of each family member, so each family member who has power and strength tends to act deterministically and exploitatively towards weak family members.
- 2) External factors  
Domestic violence (KDRT) arises as a result of environmental intervention outside the family, which directly or indirectly influences the attitudes of family members, especially parents or heads of families, which is manifested in the exploitative treatment of family members, which is often shown in giving traumatic physical and psychological

punishment for both their children and their partners. These external factors are outside the perpetrator of violence (Cahyo *et al.*, 2020). Those who are not classified as having aggressive behavior can commit acts of violence when faced with situations that cause frustration, for example, prolonged economic difficulties, abuse by their husband or wife, involvement of children in juvenile delinquency or drug abuse, and so on.

**(b) Domestic Psychological Violence**

Psychological violence is violence experienced by a person that does not cause scars on the body, like physical violence. However, psychological violence can undermine a person's self-esteem, suppress a person's inner self, and even trigger a grudge held in the victim's heart against the perpetrator. Victims of violence in the form of psychological violence are more difficult to overcome than victims of physical violence (Ariyanti dan Ardhana, 2020). The psychological violence experienced by wives is in the form of verbal abuse, harsh words, threats, isolation from the outside world, neglect, rejection, and accusations. Psychological violence is brutal to see; it may even be that the victim himself does not realize that he is experiencing psychological violence. This form of action is also difficult to define because a person's emotional sensitivity varies greatly (Hendriana, 2020). Identifying the consequences of psychological violence is more difficult to measure than physical violence. Forms of psychological violence can have different consequences or impacts on each person. Even though acts of psychological violence are more painful because they can damage a person's honor, hurt a person's self-esteem, and damage the balance of the soul, psychological violence will not damage internal body organs or even actions that result in death. Proving psychological violence in the household is not as easy as proving physical violence; it is different from proving physical, visible violence; for example, victims of beatings or rape can be proven with witness statements and post-mortem et reports, whereas psychological is the soul, spiritual and mental and inner the pain can only be felt by the victim, because what is injured or sick is not the person's body or physical body, but their mind, soul or spirit (Fatakh, 2022).

Forms of psychological violence include:

(1) Unloving and cold.

For example, these unloving and cold actions show little or no affection (such as hugs) or affectionate words to the wife.

(2) Intimidation. Acts of intimidation can include shouting, screaming, threatening, and bullying the wife.

(3) Belittle or humiliate the wife. The act of belittling or humiliating the wife can take the form of demeaning the wife, criticizing her, stating that the wife is not good, worthless, ugly, or something obtained from mistakes.

(4) The habit of criticizing one's wife. Actions that criticize the wife can be exemplified by saying that everything that happened was the wife's fault.

(5) Ignore or refuse. Ignoring or rejecting your wife can include not paying attention, giving a cold response, and not caring.

- (6) Extreme punishment. Extreme measures of punishment can include locking up the wife, tying her to a chair for a long time, and terrorizing her.

*The Impacts of Psychological Violence*

The impact of psychological violence that occurs in the household experienced by the husband should not be considered trivial because, in cases of psychological violence, it will have an impact on the husband's mental health (Chaliddin dan Nazaruddin, 2022).

(a) *Anxiety*

Among the things that include fear if someone is in a State,"" of continuous anxiety is not being able to make decisions, especially in urgent situations, and constantly worrying about acting because of dependence on other people.

(b) *Frustration*

This has a terrible effect on a person's mental health if it is not immediately treated seriously; frustration occurs due to problems that have not been resolved, where the problem becomes a big problem and makes a person frustrated or, over time, will become stressed.

(c) *Loss of self-confidence*

Lack of self-confidence, for example, is not being able to create a positive self-concept, so you cannot find a way to appreciate yourself. An inferior (inferior) attitude characterizes this symptom, always leaving matters to others and a decline in one's self-existence to the point that one no longer has hope of creating positive value in one's life.

(d) *Blame yourself*

In this case, the victim, who is the perpetrator of an act of violence, feels that he is no longer applicable to his family because he has not been able to become what he hoped for. However, the victim has tried his best to make him happy, but this is only in vain.

(e) *Loss of ability to act*

This causes a person to be pessimistic in looking at life and reluctant to take actions that align with what is expected. The effects of psychological violence cause degenerative trauma (breaking the spirit of developing generations).

(f) *The existence of a helpless situation*

This situation also causes personal disturbance and psychological pain. Helplessness includes despair, giving up before doing anything, and always benefiting oneself from authority. Helpless people find it challenging to communicate.



**(c) Solutions to Prevent Domestic Violence (KDRT)**

Some solutions to prevent acts of domestic violence, preventing domestic violence (Anindya *et al.*, 2020) include:

1. Build awareness among the public that the issue of domestic violence is a social problem, not an individual one, and is a violation of law related to human rights.
2. Socialization to the public that domestic violence is an act that cannot be justified and can be given legal sanctions.
3. Campaign against the display of violence on social, electronic, and print media.
4. Encourage the role of mass media as a medium for providing information regarding the prevention of domestic violence.
5. Accompanying victims in solving problems and providing shelter (safe houses) with therapists and counselors as a place for trauma recovery.

**Conclusion and Suggestions**

Every family always longs for a safe, comfortable, and happy home life. By nature, individual differences and the socio-cultural environment have the potential to cause conflict. If even the most minor conflict cannot be resolved immediately, it will likely develop into domestic violence. Domestic violence incidents can manifest in mild to severe forms and can even cause death, something that should be avoided. To be able to respond to domestic violence effectively, every family member must have the ability and skills to deal with domestic violence so that it does not result in fatal sacrifices. Of course, this can only be done for family members who have reached a certain age of maturity and dare to behave and act. On the other hand, if family members do not have the power and ability to deal with domestic violence, proactively the community, experts, and the government need to take the initiative to participate in handling victims of domestic violence so that they can save and prevent family members from unwanted incidents and provide a deterrent effect on them. Perpetrators of acts of violence to reduce the negative impact of psychological violence on psychological victims of domestic violence (Alimi dan Nurwati, 2021).

**Declaration of conflicting interest**

No conflict interest.

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