

Forensic Psychology to Speed Up Recovery of Rape Victims

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ABSTRACT

This study investigates the psychological recovery of rape victims in Indonesia, emphasizing the critical role of forensic psychologists in facilitating healing. Utilizing qualitative and juridical normative methodologies, data were collected through interviews with five key informants, including professionals from the Indonesian Forensic Psychology Association and law enforcement. The findings reveal that victims often experience PTSD, anxiety, and depression, necessitating tailored therapeutic interventions such as Neuro-Linguistic Programming, hypnotherapy, and play therapy. Results indicate that comprehensive support systems, including legal protection and community awareness, are essential for effective recovery. This research contributes to understanding the multifaceted needs of rape victims and underscores the importance of professional psychological assistance in their healing journey.

INTRODUCTION

The annual increase in the number of rape victims in Indonesia is a serious issue that warrants attention. Victims of sexual violence are often labeled as "vulnerable" due to their heightened susceptibility to criminal acts, the trauma that ensues, the risk of experiencing further victimization, and the aggravation of existing challenges such as addiction or homelessness (Rumney & McPhee, 2023). Research indicates that nearly all individuals who have been subjected to rape exhibit symptoms of posttraumatic stress disorder (PTSD) shortly after the incident (Asadi et al., 2023). This psychological impact can manifest in various ways, including anxiety, depression, and emotional distress, which complicate the recovery process. The urgency of addressing these issues is underscored by the need for comprehensive support services that can assist victims in their healing journey (Ahuja & Kumar, 2024). Furthermore, understanding the complexities surrounding the experiences of rape victims is crucial for developing effective interventions and support systems. As such, ongoing research is essential to explore the multifaceted nature of sexual violence and its aftermath, ensuring that victims receive the necessary care and resources to facilitate their recovery and reintegration into society (Firman Zakaria et al., 2023).

Intervention from professionals, including psychologists, social workers, and therapists, plays a crucial role in assisting rape victims in managing the psychological and emotional repercussions of their experiences (Sturt et al., 2012). Survivors of sexual violence frequently encounter a range of mental health issues, including diminished self-esteem, anxiety, depression, eating disorders, sleep disturbances, and even suicidal thoughts (Asadi et al., 2023; Yang et al., 2023). The traumatic memories associated with the incident often lead to persistent feelings of sadness and emotional distress, making professional support essential for their recovery. These interventions are designed to help victims process their trauma, rebuild their self-worth, and develop coping strategies to navigate the challenges they face in the aftermath of such a traumatic event (Fryszler et al., 2022).

Support for joint physical and emotional reactions experienced by rape victims and the recovery process can help victims understand their experiences and feel more connected to the recovery process. It is essential to understand the needs of rape victims and provide them with the necessary support because a lack of emotional and social support that matches their needs can result in psychological trauma (Asadi et al., 2023). Research conducted by Dokkedahl et al. (2022) showed psychological violence had a significant association with three primary outcomes, particularly PTSD in female and male victims, with coercive control playing a significant role in PTSD in female victims, while emotional/verbal abuse and dominance/isolation were more associated with depression; Despite gender bias in the studies investigated, psychological violence has an impact on mental health in both men and women. Trauma victims tend to adopt emotional isolation and insincere character traits as a form of protection from previous adverse experiences, with social support, financial assistance, and professional guidance that can help minimize their negative

impact (Downey & Crummy, 2022). The findings of Chavan et al.'s research(2023) That the pregnancy rate in such cases reached about 16.15%, indicating an increased rate of unwanted pregnancies in victims and delayed diagnosis, especially teenage pregnancies that increase physical and emotional stress in unmarried mothers. In addition, family members of victims are also at risk of experiencing a significant psychological crisis (Wondie et al., 2023)

Rape victims should have adequate access to medical services, including forensic testing and reproductive health care. In addition, access to a fair and effective legal system is also vital in providing protection and justice for victims. These include medical bills, which can deter victims from seeking care, and the need for comprehensive health services to address the physical and mental health consequences of sexual assault. Sexual and reproductive rights, as outlined in various human rights instruments, include the right to life and survival. The right to be free from inhuman and degrading treatment. The right to family and private life, the prohibition of discrimination, and the right to Education (Tenaw et al., 2022). Poverty, economic inequality, free sex, drugs, and pornography are some of the social problems that contribute to the increased incidence of rape, which is a serious violation of reproductive rights for victims, with severe physical, psychological, and social repercussions, including physical trauma, infection, reproductive organ damage, unwanted pregnancy, and even death (Wiryani et al., 2020). The government is responsible for recovering victims with the help of medical and psychological services (Iksan et al., 2022). However, the law, while aimed at protecting victims, can also pose challenges for victims, including fear of seeking medical help because the information could be used by legal authorities to prosecute perpetrators, which can then worsen the situation for victims through increased aggression from perpetrators, stigmatize society, or exacerbate other circumstances (Mgopa et al., 2021). According to research conducted by Chavan et al. (2023), The maximum incidence is reported within one month to 1 year after the attack, indicating a delay in reporting the incident and the victim's medical examination.

The victim is traumatized, making it difficult for psychologists and escorts to communicate. Although sexual violence can be a triggering factor, the severity of PTSD is influenced more by post-sexual assault psychosocial variables or the victim's perception of the traumatic event rather than by the characteristics of the sexual assault itself (Yang et al., 2023). Rape myths that blame the victim state they are tempted to act and respond socially negatively, which in turn can lead victims to experience posttraumatic stress disorder (PTSD) and self-blame (Ahmad, 2023). Interpersonal trauma, such as sexual assault and rape, is associated with higher rates of posttraumatic stress disorder compared to other types of trauma (Lomax & Meyrick, 2022). Also, there is police desperation, dismissive behavior, victim blame, lack of communication with the victim about the progress of the case, and experience of homosexual intolerance on the part of the police (Mgolozeli & Duma, 2020). Practical communication skills are an essential aspect of caring for victims and survivors. Health professionals who communicate well can help victims recover the strength lost due to traumatic

events by using clear and timely language, thus avoiding misunderstandings that can worsen the victim's condition (Yesodharan et al., 2022).

The victim and their parents often lack awareness regarding the recovery process following an incident of sexual violence, leading to uncertainty about whether to approach the police or the government's victim protection services (Prasetyo Kurniawan & Arsil, 2019). In some cases, the parents of the victim may not provide the necessary support for their child's recovery; instead, they may inadvertently contribute to the victim's retraumatization (Yesodharan et al., 2022). While acceptance of traumatic experiences by peers can foster a sense of openness for the victim, it simultaneously heightens the risk of re-experiencing trauma. This complex dynamic underscores the critical need for education and support systems that empower both victims and their families to navigate the recovery process effectively. By enhancing awareness and understanding of available resources, it is possible to mitigate the negative impacts of familial and social responses on the victim's healing journey (Søndenå et al., 2020). Addressing these issues is essential for creating a supportive environment that facilitates recovery and reduces the likelihood of further psychological harm.

The majority of forensic psychologists are primarily located in urban centers, which poses a challenge for victims residing in remote and rural areas who may lack access to essential psychological support. Over the years, the advancement of more than 200 violence risk assessment tools within forensic psychology research indicates substantial progress in enhancing their reliability and predictive validity (Sorge et al., 2022). However, this progress does not necessarily translate into accessible services for all victims, particularly those in less populated regions (Yeomans et al., 2017). Additionally, the social stigma associated with wartime rape and sexual violence significantly affects not only the victims but also their families. Family members who witness such traumatic events often endure societal judgment and discrimination, which can exacerbate their emotional distress and hinder the recovery process (Ahmad et al., 2020). This stigma can lead to feelings of isolation and shame, making it difficult for families to seek help or support for their loved ones. The combination of limited access to forensic psychological services in rural areas and the pervasive stigma surrounding sexual violence highlights the urgent need for targeted interventions (Kazmi, Hasan, et al., 2023). Efforts should be made to increase the availability of forensic psychologists in these underserved regions and to develop community-based support systems that address the unique challenges faced by victims and their families. By doing so, we can create a more inclusive and supportive environment that facilitates healing and recovery for all individuals affected by sexual violence (Turchik et al., 2016).

"Self-protection from revictimization" emerged from data showing that participants reported rape to the police to protect themselves from a second attack by the same rapist (Mgolozeli & Duma, 2020). Legal protection for victims of child rape is a state obligation as part of human rights protection (Iksan et al., 2022). It is crucial to fulfill mental health rights due to the trauma caused by sexual crimes that they may feel throughout their lives. To achieve restorative justice for children as rape victims, it is not enough to rely solely on favorable

laws. There should be particular emphasis on restoring the rights violated by rape victims, such as the right to protection, growth, and development, as well as education in preventive, litigation, therapeutic, and rehabilitation aspects (Asok & Baisel, 2023). The protection and reframing of the first fundamental human right, namely the right to life, is closely related to the environment because the quality of human life depends on environmental conditions, and humans can affect the environment positively and negatively (Mišćević & Dudás, 2021). A lack of attention and empathy from health professionals risks exacerbating the suffering of victims of sexual crimes, highlighting the need for a more caring and sensitive approach to victim care to minimize traumatic impacts and facilitate a more effective healing process (Tullio et al., 2023).

This article provides an empirical view of the role of forensic psychologists and how forensic psychologists recover victims. Community mental health professionals, including mental health nurses, social professionals, and psychologists, have undergone training for over a year in institutions established by the Ministry of Health and Welfare (Chang & Shin, 2021). Forensic psychologists play an important role in supporting trauma victims, especially in the context of cases such as sexual assault, molestation, and accidents (Tullio et al., 2023). They conduct assessments and diagnoses to assess the psychological impact of trauma experienced by victims. In addition, they provide a variety of therapies, including cognitive-behavioral therapy, interpersonal therapy, and EMDR therapy (Lee et al., 2022), to help victims cope with trauma and symptoms.

Furthermore, forensic psychologists provide support and education to victims about the trauma and recovery process they experienced (Suzuki, 2023). They can also assist in legal proceedings, such as testifying in court (Meshkovska et al., 2021). With this approach, forensic psychologists not only help victims cope with trauma but also improve their mental health, recover daily life, and strengthen their social relationships, as empirical evidence in research shows (Carson et al., 2021; Castaner et al., 2021; Downey & Crummy, 2022; Suzuki, 2023)

With the presence of forensic psychologists in the community, it is able to make a real contribution to the recovery of rape victims (Kazmi, Tarar, et al., 2023) The analysis highlights essential steps in addressing the issue of rape and the critical role forensic psychologists play in the process (Tullio et al., 2023) The provision of professional help, such as counselling and psychological therapy, is an essential step in helping victims cope with the psychological effects of rape (Covers et al., 2021; Thomas & Kopel, 2023) In addition, identifying the motives of rape perpetrators can help in developing more effective prevention strategies and strengthening legal responses to such crimes (Thomas & Kopel, 2023) The development of prevention programs that prioritize the recognition and development of emotional control skills also needs to be considered to reduce the risk of rape (Cuadrado-Gordillo et al., 2020) The importance of monitoring and controlling rape perpetrators who have been placed in prison should not be ignored to prevent the recurrence of such crimes (Lyons et al., 2022) Public awareness of the role of forensic psychologists and efforts to address stigma against rape victims are also needed to strengthen responses to such crimes and create a safer environment for everyone (Tullio et al., 2023). By combining

prevention and education strategies, we can create a more caring and supportive society for rape victims (Lilley et al., 2023). The purpose of this study is forensic psychology to accelerate the recovery process of rape victims. A thorough analysis of the study suggests that its focus on the psychological impact of rape, such as depression, anxiety, PTSD, and shame, reflects an urgent need for a better understanding of victims' experiences. By exploring these effects, the study provides a solid foundation for the development of interventions that are more effective in helping victims cope with trauma.

LITERATURE REVIEW

Forensic Psychology

Forensic psychology is a distinct discipline that applies psychological concepts to legal matters, particularly in analyzing offender behavior and the psychological effects on victims. Recent studies highlight the vital role of forensic psychologists in evaluating the mental health needs of rape survivors and delivering therapeutic interventions (Hassan et al., 2023). These professionals are integral to the legal system, providing valuable insights into victim behavior, responses to trauma, and the effectiveness of different therapeutic methods (Reiter et al., 2024).

Recovery from Victimization

The recovery process following rape is complex and shaped by individual, social, and systemic influences. The Recovery Capital Framework suggests that successful recovery depends on the availability of resources such as social support, psychological resilience, and access to professional assistance (Rumney & McPhee, 2023). Research shows that victims frequently endure a variety of psychological symptoms, including posttraumatic stress disorder (PTSD), anxiety, and depression, which require customized interventions (Beidel et al., 2017, 2019; Dokkedahl et al., 2022). Effective recovery methods encompass trauma-informed care, cognitive-behavioral therapy, and support groups, all of which have been proven to significantly enhance mental health outcomes for survivors (Haupt et al., 2022).

Victimization and Its Implications

Victimization, especially in the context of rape, carries significant consequences for both individuals and society. Survivors often encounter secondary victimization due to societal stigma and insufficient legal protections, which can impede their recovery (Andronnikova et al., 2023; Turvey & Freeman, 2022). Theories surrounding victimization emphasize the interaction between individual vulnerabilities and societal influences, indicating that systemic reforms are essential for effectively supporting victims (Kazmi, Hasan, et al., 2023). Additionally, the notion of revictimization highlights the necessity for comprehensive support systems that address the persistent risks faced by survivors (Hermolle et al., 2022).

METHODOLOGY

This research uses qualitative and juridical normative. The informants in this study numbered five people. Head of APSIFOR North Sumatra, Chief Investigator of the Belawan Police Women and Children Protection Unit, and three informants, one teenager and two adults. Data collection in this study used interviews, observation, and documentation. The interview was carried out directly with several questions that had been prepared beforehand, observation was carried out by observing the psychologist taking action on the victim while for the Police it was carried out related to the process that had been carried out. Documentation is carried out by observing documents owned by psychologists.

RESEARCH RESULT

The results of an interview with the Chairman of the Indonesian Forensic Psychology Association (APSIFOR) found that recovery needs to be done for rape victims, with various techniques used, including NLP, Hypnotherapy, and Play Therapy. Neuro-Linguistic Programming (NLP), developed in the early 1970s, is now recognized as a well-known approach to communication and personal development, utilizing individual neurological processes, behavior patterns, and language to achieve better communication and better self-development (Amirhosseini & Wall, 2022). Neuro-Linguistic Programming (NLP) offers a series of techniques and strategies aimed at improving communication, personal development, and behavior modification, which can help individuals overcome limiting beliefs, achieve personal goals, and improve the overall quality of life, whether in personal relationships, health, romantic relationships, as well as career and past trauma (M. Rosen, 2023). Neuro-Linguistic Programming (NLP) is a fundamental principle that states that our mental representations are not direct images of reality but subjective interpretations shaped by sensory input and internal processes. This principle emphasizes the importance of understanding how individuals perceive and process information to communicate effectively and develop themselves personally, as well as how victims perceive past events by projecting the future with a positive outlook to develop a healthy soul (Kumar & Panda, 2022).

Hypnotherapy offers a different approach to overcoming mental disorders by harnessing the power of suggestion and relaxation to change unwanted thought patterns and behaviors (Sutama et al., 2023). The use of cognitive-behavioral-based hypnotherapy can be an effective therapeutic option to manage pain and improve quality of life (Sorkhi et al., 2023). Hypnotherapy and Cognitive Behavioral Therapy (CBT) have comparable effects in treating depressed patients, highlighting the potential of hypnotherapy as an effective alternative (Haupt et al., 2022). Rape victims experience depression, so they need severe treatment with hypnotherapy, according to the Chairman of APSIFOR. The analysis showed that trauma counseling through group play therapy techniques had a positive effect in reducing posttraumatic stress disorder in tsunami victims in three provinces in Indonesia, highlighting the importance of creative and group-based therapeutic approaches in supporting posttraumatic recovery (Rusmana et al., 2020). Play therapy improves the quality of life by addressing or preventing emotional problems through self-reflection combined

with the therapeutic power of play, providing a deep understanding that is difficult to obtain through linguistic approaches, as well as providing effective direct intervention to emotional problems by generating new changes in the thinking of victims (Kil, 2021).

Furthermore, Mrs. Rahmi Lubis stated that this anxiety disorder can be caused by various factors, including fear of going to court, fear of meeting the perpetrator, and feelings of guilt. As for Depressive Disorders, we see victims experiencing depressive disorders such as sadness, hopelessness, and loss of interest in life. This depressive disorder can be caused by various factors, including feelings of deep trauma, feelings of hopelessness due to the legal process that did not go according to plan, and loss of self-confidence. According to Ms. Rahmi, her client also has Post-Traumatic Stress Disorder (PTSD). The victim may have PTSD, which is characterized by symptoms such as recalling traumatic memories, nightmares, and overreactions to traumatic triggers. PTSD can have a significant impact on the lives of its victims, both personally and professionally. Rahmi Lubis' mother stated that rape victims suffer from a variety of physical and psychological impacts, including physical injury, sleep disorders, depression, and post-traumatic stress disorder (PTSD). The impact of rape is not limited to the physical aspect but also includes emotional, social, and overall quality of life impacts. For this reason, what forensic psychologists do is carry out the process of counseling, psychotherapy, and other psychological services for the recovery of victims. As for those who need medical assistance, they cooperate with psychiatrists in their services, while forensic psychology restores the victim's psychology.

Rape cases often reflect complexity within the family, where the perpetrator is often close to the victim. Mrs. Rostati Sihombing, Head of Women and Child Protection of Belawan Regional Police, highlighted the social stigma against victims, especially if the perpetrator is a family member. Support during and after the trial is essential for the victim's recovery; however, revictimization by the family and family dysfunction complicates the recovery process. In situations where the family is a source of revictimization, the role of legal institutions and forensic psychologists is crucial to providing holistic protection and rehabilitation. Public awareness about the protection of rape victims also needs to be increased to reduce stigma and increase social support. Based on an interview conducted with Mrs. Rostati Sihombing, the Head of Women and Children Protection, every victim who experiences psychological disorders will be referred to the Integrated Service Center for Women and Children Protection (P2TP2A) Medan City. If complete, it will send another letter to P2TP2A North Sumatra Province. This is because there are still many experts in the field of forensic psychologists who understand the concept of victim psychology healing services. Based on (Law of the Republic of Indonesia Number 12, 2022) Article 1, paragraph 12: "A companion is a person who is trusted and has the competence to accompany victims in accessing the right to treatment, protection, and recovery." Article 26, paragraph 3 states that a victim companion must be qualified: a. to have competence in handling victims from a human rights perspective and gender sensitivity; b. has attended training in handling cases of

Sexual Violence Crime (TPKS). Meanwhile, according to Mrs. Rostati Sihombing, the victim, sometimes the words are difficult to understand because every time she speaks, sometimes the result is A, and sometimes the result is B. This happens because the victim has a very severe depression. This can result in a hallucinatory process for the victim; it can change her statement.

The results of an interview with an informant stated that currently, people who can protect victims from a psychological point of view are very lacking, such as in Asahan Regency, if the case of a rape victim has to wait for a long schedule to see a forensic psychologist or clinical psychologist who is there, if the economy is weak and expects from the government it takes a very long time, So that prolonged stress will cause complex psychological diseases. If the victim has enough economy, he can immediately be referred to the best psychologist for recovery. Likewise, the interviewee confessed that it was difficult to find someone who could help her in rebuilding her damaged mental condition because when the victim experienced rape, she experienced deep sadness, felt useless, felt that her life was despised, and felt that she was no longer helpful in the community. She needs to get protection and medical and psychological assistance from various parties around him; unfortunately, very few companions can psychologically assist victims. An obstacle in the field is obtaining psychological service personnel, such as forensic psychologists / clinical psychologists. This was conveyed by the informant on duty in Asahan Regency that if a victim occurs, they must find a psychologist or expert person to save the victim's psychology because if waited for a long time, it will result in depression and mental disorders. Likewise, according to Mrs. Rostati Sihombing, Head of PPA Belawan Police, the large number of rape victims makes it difficult to find psychologists facilitated by the government because the private sector requires very high costs until recovery. This needs better attention from the government to ensure that psychological services for rape victims are further improved, especially those who are not psychologists and medical professionals, under Article 26 paragraph 2 (Law of the Republic of Indonesia Number 12, 2022) concerning Victim Companions.

DISCUSSION

The well-known forensic psychologist Thomas Grisso states that all forensic psychologists, both experimental and clinical, focus on psychological research and assessment that is beneficial for use in court (Grisso, 2019). Law Number 18 of 2014 concerning Mental Health regulates aspects of mental health in Indonesia. It involves clinical psychologists in the recovery of people with a mental health condition, establishes the right to quality mental health services, regulates the prevention and early detection of mental health disorders, and emphasizes the importance of collaboration to reduce stigma (A New Alkali-Thermostable Azoreductase from *Bacillus* Sp. Strain SF, 2004). Article 73 of Law Number 18 of 2014 concerning Mental Health stipulates that a team must carry out mental health examinations for legal purposes. A psychiatrist leads the team and may involve other specialists, general practitioners, or clinical psychologists. Further details regarding guidelines for mental health examinations for legal purposes are set out in the Ministerial Regulation.

In (Peraturan Menteri Kesehatan RI No.1168/Menkes/PER/X/1999, 1999), Number 45 of 2017 regulates clinical psychologists' requirements and licenses to practice in Indonesia. First, there are requirements that clinical psychologists must meet to obtain a license to practice, such as formal education in clinical psychology and relevant work experience. Second, it establishes professional standards that clinical psychologists must follow, including professional ethics, service standards, and accurate reporting procedures. Third, the procedures regulated for applying for a license to practice, including procedures for renewal of permits and changes in permit status. Fourth, this regulation provides guidelines on implementing clinical psychologist practice, including the location of practice and the obligation to report practice activities periodically. Fifth, there are provisions for the supervision of the practice of clinical psychologists and sanctions given in cases of violation or non-compliance with this regulation. Thus, this regulation aims to improve clinical psychologists' standards and practice quality and protect the public from unethical or incompetent practices. Under (Undang-Undang Republik Indonesia Nomor 12 Tahun 2022 Tentang Tindak Pidana Kekerasan Seksual, 2022) Article 24, paragraph (3) includes letter evidence: a. certificate of clinical psychologist or psychiatrist/psychiatrist / mental medicine specialist; b. medical records; c. results of forensic examination; or d. bank account examination results. Based on legal evidence, Article 184 of the Criminal Code Paragraph (1) is also regulated, including 1) Witness statements, 2) Expert information, 3) Letters, 4) Instructions, and 5) Testimony of the Accused.

The importance of appropriate competence and qualifications (Oleksandr et al., 2023) in forensic psychology in Indonesia can be summed up in three main points. First, forensic psychology psychologists and scientists must meet competency standards under forensic psychology, deeply understand Indonesia's legal system (Iksan et al., 2022), and practice based on the psychological code of ethics. Second, forensic psychology practice, which includes assessment (Lee et al., 2022), psychological evaluation, diagnosis, consultation, therapy, and psychological intervention in a legal context (Maloh et al., 2023), should only be carried out by psychologists. In carrying out this responsibility, psychologists must refer to standard standards of psychological examination and comply with the code of ethics related to assessment and intervention. Third, forensic psychological scientists who conduct studies or research related to human psychological aspects in the legal process need to have a strong understanding of the legal system in Indonesia and carry out their research based on applicable ethical standards and guidelines. By upholding these principles, the practice and research of forensic psychology can make a positive contribution (Cuadrado-Gordillo et al., 2020) in supporting justice and a better understanding of the psychological aspects of the legal realm.

Forensic Psychology in the HIMPSI code of ethics (Kode Etik Psikologi Indonesia, 2010) is regulated in Article 57, consisting of 3 paragraphs, namely: The practice of forensic psychology is the handling of forensic psychology cases, especially those that require expertise in the psychological examination of someone involved in a criminal justice case, which aims to assist the judicial

process in upholding truth and justice. In the context of rape, the emotional readiness of the victim to testify is considered very important, but often law enforcement prioritizes the presentation of evidence over the emotional well-being of the victim. Forensic science has a crucial role to play in uncovering sexual crimes and identifying the perpetrators. The role of forensic psychologists in the HIMPSI code of ethics is contained in Article 58, paragraph (2), that forensic psychologists have the authority to provide written or oral reports on the results of forensic findings or make statements of a person's psychological character after examining the individual under standard psychological examination procedures. Analysis of this role shows the importance of the forensic psychologist's authority and responsibility in providing information or conclusions that may affect legal proceedings. According to Mrs. Rahmi Lubis, forensic psychology works based on requests from lawyers, victims, prosecutors, and the police. Increasing the number of skilled companions, such as counselors or social workers, in each region is a solution to overcome the limited number of psychologists in facilitating victim recovery (Suzuki, 2023) to expand access and improve the quality of mental health services (Valabdass et al., 2021) in the community, noting the importance of ensuring adequate qualifications and coordination for these companions.

The complexity of recovering victims of crime and trauma requires support from various parties, including forensic psychologists (Tullio et al., 2023), lawyers (Castaner et al., 2021), investigators, and forensic medical personnel (Henky, 2017). Cross-disciplinary collaboration is vital in harmonizing victim support approaches that mandate the role of victim companions (Undang-Undang Republik Indonesia Nomor 12 Tahun 2022 Tentang Tindak Pidana Kekerasan Seksual, 2022). However, challenges in meeting the needs of victims, especially in terms of access to psychological assistance, are still a problem in some areas, as stated by informants in Asahan District. These difficulties complicate the recovery of victims and demonstrate the urgent need to increase the number of skilled companions and ensure better access to psychological services. Collaboration between police officers, advocates, psychologists, psychiatrists, social workers, and community-based service providers is vital in building a holistic and sustainable approach to supporting victims of crime. Thus, by involving various stakeholders, victims of crime can obtain optimal protection, recovery, and justice (Iksan et al., 2022).

The mental health initiatives are designed to enable individuals to lead a fulfilling mental life (Shorrocks, 2007). These initiatives encompass preventive (Wang et al., 2021), promotive, curative, and rehabilitative strategies aimed at addressing mental disorders and psychosocial issues. Specifically, in the context of protecting rape victims, curative approaches focus on post-crime interventions and treatments that seek to alleviate suffering and facilitate recovery (Suzuki, 2023). These strategies are essential for addressing the psychological trauma experienced by victims, ensuring they receive the necessary support to navigate their healing journey. By implementing comprehensive mental health efforts, including both immediate and long-term care, it is possible to enhance the overall well-being of rape survivors and promote their reintegration into society

(Yulliavisna et al., 2024). This multifaceted approach not only addresses the immediate psychological needs of victims but also contributes to their long-term mental health stability, ultimately fostering resilience and empowerment in the face of trauma (Every-Palmer et al., 2023).

The community's role in supporting victims' recovery process (Suzuki, 2023). The moral, emotional, and practical support society provides can positively impact victims (Valabdass et al., 2021). Listening to victims' stories without judgment or criticism creates a safe environment for them to talk about their traumatic experiences (Rusmana et al., 2020). In addition, providing practical assistance in everyday activities such as picking up schoolchildren or cooking meals can reduce the burden on victims and help them feel tangibly supported. Educating people about the impact of trauma (Jina et al., 2020), how to support victims, and the importance of community support is also crucial to increasing their understanding and awareness. Through this education program, communities can better understand the needs of victims and provide more effective support. This increased awareness and understanding will strengthen victims' social support networks, which will help them in the gradual recovery process (Carson et al., 2021).

Overcoming the lack of assistance personnel through health training is a comprehensive solution (van Zuiden et al., 2022) and can potentially have a significant positive impact. First, by conducting (Jaskiewicz et al., 2022) training in each region, the government can ensure that escorts have knowledge and skills that are appropriate to the needs of rape victims. Training that includes an in-depth understanding of trauma, depression, and psychosomatic will enable them to provide more effective support (Downey & Crummy, 2022). Furthermore, by having trained escorts, rape victims will get more competent and targeted assistance in facing their recovery challenges (Castaner et al., 2021). Thus, the recovery process of rape victims is expected to be accelerated so that they can recover holistically better. In addition, this training can also create a broader knowledge base on handling sexual trauma at the community level, which in turn can increase overall public awareness and understanding of the issue. Thus, health training for escorts is a strategic step and has a broad impact on overcoming the lack of qualified human resources in supporting rape victims (Kazmi, Hasan et al., 2023).

CONCLUSIONS AND RECOMMENDATIONS

The role of forensic psychologists is crucial in the recovery of rape victims because their deep understanding of trauma and its effects allows them to provide psychological assistance that is specific and appropriate to the needs of the victim (Lindberg, 2023). However, the limited number of forensic psychologists and lack of qualified assistants can hinder recovery. The lack of forensic psychologists causes the treatment of victims to be slow and not optimal, while the lack of trained escorts reduces victims' access to necessary assistance (Tullio et al., 2023). To overcome these challenges, essential measures such as increasing the number of forensic psychologists, training for mentors, and developing cross-sector collaboration need to be implemented. In

conclusion, the recovery of rape victims will be more effective and efficient if supported by adequate forensic psychologists and trained assistance personnel so that victims can get support that suits their needs on time. Forensic psychologists are significant in assisting the recovery of rape victims through psychological interventions (Asadi et al., 2023; Maloh et al., 2023), such as therapy and consultation. Through therapy, forensic psychologists can help victims cope with trauma and the psychological impact of sexual violence (Łyś et al., 2021) they experienced.

Psychological consultation also allows victims to talk about their experiences and better understand the recovery process (Carson et al., 2021). However, the success of these interventions is influenced by various factors, such as the availability of resources and social support (Heap, 2021). To address these challenges, cross-sectoral cooperation is needed between forensic psychologists, health workers, government, and civil society to ensure victims receive comprehensive and ongoing support. In conclusion, psychological intervention carried out by forensic psychologists is an essential part of the recovery process of rape victims, but its success also depends on the support available and cooperation between the parties involved. Forensic psychologists have a crucial role in speeding up the recovery of rape victims through strategies such as the use of appropriate therapeutic techniques (Amirhosseini & Kazemian, 2020), the development of individualized recovery plans, and providing solid emotional support (Dokkedahl et al., 2022). However, the success of this strategy depends mainly on the availability of resources, social support, and cross-sector cooperation. In addition, legal protection provided by the government is also vital in speeding up the recovery process by preventing sexual violence, providing protection to victims, and punishing perpetrators of crimes. With adequate legal protections, victims feel safer and supported in their recovery. Therefore, cooperation between forensic psychologists and government agencies in providing solid legal protection can speed up the recovery process of rape victims and improve their well-being. Curative protection (Mondal et al., 2020) plays an essential role in helping rape victims recover after the incident. Curative protection includes a set of measures aimed at dealing with the physical, mental, and emotional impact experienced by the victim. That includes medical treatment, psychological therapy, emotional support, and social reintegration (Downey & Crummy, 2022). The success of curative protection depends on victims' access to adequate health services, quality psychological support, and an environment that supports victims' recovery. The provision of government-trained escorts is an essential effort in accelerating the recovery of rape victims. Through appropriate competency training, escorts can provide more effective support to victims by understanding rape trauma, victims' psychological needs, and appropriate recovery techniques. Thus, victims can receive ongoing and holistic assistance throughout their recovery process, demonstrating the importance of the government's role in supporting the well-being of rape victims (Lindberg, 2023).

The paper makes a significant contribution to society's understanding of the importance of rape victim recovery as well as the role played by governments

and psychologists in the process of victim mentoring and recovery (Kazmi, Tarar, et al., 2023). By presenting an in-depth analysis of the physical, mental, and social impacts experienced by victims, the paper underscores the urgency of the need for comprehensive support for victims. Forensic psychologists, in providing psychological therapy and consultation, the paper proves how necessary professional assistance is in facilitating the recovery of victims. The government has also been shown to be a key player in providing legal protection and providing trained escorts to speed up the recovery process. Thus, this article not only raises public awareness of the issue but also provides a clear view of concrete steps that can be taken to support rape victims effectively. Through the understanding provided by this article, it is hoped that the community will be more concerned and play an active role in providing support to rape victims and supporting government and psychologist measures in providing needed assistance and recovery.

ADVANCED RESEARCH

Based on the limitations identified in the current study on the rising number of rape victims in Indonesia, future research should focus on including a larger and more diverse sample of participants. By encompassing various demographics such as age, socioeconomic status, and geographic location, researchers can gain a more comprehensive understanding of the experiences and needs of different victim groups. Additionally, exploring the effectiveness of support services across different regions could further enhance the knowledge base and inform targeted interventions.

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