

Feminism counseling in handling catcalling victims

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Abstract: Catcalling is a form of sexual harassment occurs in public spaces, so it has an impact on victims, who are primarily women. The impact felt by the victim is not visible physically but psychologically, such as the emergence of feelings of fear, anxiety, discomfort, disgust, and even a deep sense of trauma. The research was conducted using a descriptive qualitative method with a microscopic approach and using the theory of Feminism, which is centred on women. The purpose of writing this article is to describe verbal sexual violence and provide knowledge about the prevalence of catcalling and the impact of it in society. The catcalling phenomenon seems ordinary and commonplace in society, so it is very meaningful to discuss; the more often the phenomenon occurs, the more victims there will be. The study results show that society still tolerates catcalling; it is considered even a compliment or a joke.

Keywords: Catcalling; feminism; handling catcalling victims

Introduction

Women are often used as objects by individuals who take advantage of women's limitations in terms of education, social, political, and economic. The existence of a role gap between women and men in society causes women to be positioned as inferior, which causes them to be shackled within the boundaries of women's roles and get behavioral discrimination. The form of inequality in society places men in the upper hierarchy while women are in a class below men (Bessière & Gollac, 2023; Sakina, 2017; Stollak et al., 2023; Zugman et al., 2023).

One form of discrimination against women is sexual violence perpetrated by men against women. Sexual harassment can happen anytime and anywhere, regardless of social status and gender. One of the factors that can influence sexual violence against women is patriarchal culture. This culture is common and occurs a lot in Indonesia. The form of patriarchal culture that occurs in society places men as power holders and dominates social life; this then becomes the trigger for unfair treatment and sexual violence against women (Bareket & Shnabel, 2020; Jeffrey & Barata, 2020; Liko et al., 2023; Pangestika et al., 2022). Domination and objectification: Men's motivation for dominance over women affects their tendency to objectify women sexually. *Psychology of Women Quarterly*, 44(1), 28-49. The intersections of normative heterosexuality and sexual violence: University men's talk about sexual behavior in intimate relationships. *Sex roles*, 83(5), 353-369. Patriarchal culture is also the basis for perpetrators of gender bias, which places women in supportive and marginal positions that can be controlled. The form of control that is carried out is the existence of space restrictions and the determination of the position of women below men (Coyle, 2022; Fadillah, 2021; Zheng & Walsham, 2021). The existence of public perceptions about the power of men who are more dominant than women is also one of the foundations for arbitrary acts against women.

Cases of sexual harassment are not only crimes against decency that have been identified in the international community but also have severe impacts, one of which occurred in Indonesia. In 2017, there were 5,649 cases of sexual violence, then in 2018, there were 5,509 cases; in 2020, there were 4,887 cases; and in 2020, there were 2,945 cases. The Ministry of Women Empowerment and Child Protection and the Central Statistics Agency in 2017 explained that the characteristics of the perpetrators of this violence were dominated by

men with an age range of 20 years and over (Ahnlund et al., 2020; Pollard, 2022). Based on these data, it can be concluded that violence against women continues to occur from year to year, with various forms of violence being committed.

The results of a survey on sexual harassment in public spaces also showed that 64% of 38,766 women, 11% of 23,403 men, and 69% of 45 other genders had experienced sexual harassment. A large number of victims of sexual harassment admit that they have experienced sexual harassment in various forms, specifically verbally, physically, and visually (Hidayat & Setyanto, 2019; Hoor-Ul-Ain, 2020; Niet, 2022; Noopura, 2023). Based on a survey source from the Safe Public Space Coalition, it was found that victims of sexual harassment were dominated by women, as indicated by survey data of 62,224 respondents throughout Indonesia (Bongiorno et al., 2020; Sari et al., 2021; Ventura et al., 2021). Of a total of 38,776 women, 64% reported sexual harassment in big cities in Indonesia and reported experiencing sexual harassment in public spaces (Nurbayani et al., 2022; Putri, 2023; Ramadhan & Sihaloho, 2021).

Sexual harassment is divided into several types, one of which is verbal (non-physical) sexual harassment, commonly known as catcalling. The term catcalling has been used globally in various countries. Catcalling is an act of sexual harassment by saying words that contain pornographic or sexual elements, and this causes feelings of discomfort for the victim. It was catcalling with a low category in the form of verbal comments, mocking whistles, and pornographic jokes. While forms of non-verbal sexual harassment, namely facial expressions, body movements, or other actions, are carried out to want to be noticed sexually by harassing or humiliating the victim (Aprianti & Ginting, 2022; Kartika & Najemi, 2020; Mambat et al., 2024).

Catcalling often occurs in public spaces such as sidewalks, bus stops, roads, schools, workplaces, and other public places (M. Ahmad, 2020; Fairchild, 2023; Ramadhania, 2021; Sen et al., 2021). The forms of catcalling that are often carried out in public spaces include “Hey beautiful, come with your brother”, “Just frown, please smile”, and “Where are you going, Miss? Miss, come on in”, “Hey sexy”, “Hello beautiful, I will order a room”, and give seductive whistles (Dwiputri & Hanim, 2020; Romaniuk, 2023; Twilling, 2020). The rampant cases of catcalling are still considered trivial and reasonable by residents; this is due to a lack of knowledge about sexual harassment that occurs in public spaces. The public does not know that catcalling can become a social problem and majorly impact individuals and society (Ervinda et al., 2021; Siggemann, 2022; Yudha, 2022). In another study, it was also found that 60% of women reported experiencing catcalling every day, but due to normalization and lack of legal consequences, this behavior continues to grow (Farmer & Smock Jordan, 2017; Flouli et al., 2022; Pagurayan et al., 2023; Siregar et al., n.d.).

The reactions of catcalling victims generally are the appearance of discomfort, a sense of insecurity in public spaces, anger, discomfort, offense, and annoyance. Other facts show that it also has a severe impact on victims, which can cause trauma (Avezahra et al., 2023; Edwards, 2020; Fadillah, 2021). According to Khusnaeny, other psychological impacts are also felt by victims, namely feeling anxious, not confident, and uncomfortable interacting with the social environment; this will give birth to social anxiety in individuals. This social anxiety will tend to avoid social life because there is a sense of anxiety in every place (DelGreco & Christensen, 2020; Faradicha & Permanasari, 2024; Hasan et al., 2022). The psychological impact on victims of catcalling must be handled appropriately so that prolonged trauma does not occur in their lives.

Counseling is presented as a solution to help victims which impacts the victim's psychology. Our research uses the theoretical basis of Feminism and feminist counseling therapy. Based on the data we obtained, most catcalling victims are women. If victims are neglected and do not receive treatment from counselors, it will have an impact on their lives.

Feminist counseling and the basic concepts of feminist theory are interconnected, and social life and experiences develop from a woman's perspective. We researched several things, including how feminist counseling is carried out to help victims of catcalling, how the phenomenon of catcalling occurs in society, causing various negative impacts for victims, and how feminist counseling can be a breakthrough in resolving or liberating women. This research aims to determine the process by which the catcalling phenomenon occurs and its impact on victims in society, as well as how feminist counseling is used to help resolve the problems of the victims. The benefit of this research is that a new study can be used as a reference and consideration for the application of feminist counseling as women-oriented counseling in handling various cases of sexual harassment that occur in society.

Method

This research is a descriptive qualitative research with a literature review method. The approach is carried out using a microscopic, namely finding data from the study you want to discuss by taking data that represents the study as a whole. This method is used to obtain relevant data according to the topic of the researcher's discussion. The journal articles used in this study have several criteria, namely journals published in the last seven years relevant to the research theme, consisting of national and international journals and related to the keywords feminism, feminist counseling or therapy, sexual harassment, and catcalling. This analysis is divided into six stages: data collection, limiting and selecting data according to the topic of discussion, conducting data comparisons, grouping data according to keywords, and describing the relationship of the data chosen components (Afandi, 2023). The search results for articles that are relevant to the topic of discussion are 33 articles. The collected articles are then selected according to research needs, such as 26 articles; of the 26 articles collected, the researcher uses 11 main articles for data analysis, and other articles are used to corroborate the existing data.

Results and Discussion

Following this are the results study about catcalling and feminism counseling :

No.	Identity journal	Research results
1	Catcalling: Jokes, Compliments or Sexual Harassment (Dewi, 2019)	One form of harassment in society is catcalling. This research aims to discover the setting and public views on the catcalling phenomenon. The study results show that the rules regarding catcalling exist indirectly in Indonesian laws and regulations, divided into several articles. However, there are differences in the use of the term in each article, limiting the use of these articles. The survey results also show that special rules regarding catcalling are deemed necessary to deal with the law against catcalling perpetrators.
2	Catcalling awareness among Pertamina University students from the perspective of security studies (Ramadhan & Sihaloho, 2021)	Catcalling is a verbal sexual violence that harms victims, the majority of whom are women. This study aims to see how far Pertamina University students understand the dangers of catcalling. The results of the research survey show that women are victims of catcalling because they are used as objects (63%). Another cause is that the way women dress triggers catcalling (68.8%), and the presence of a patriarchal culture is also one of the reasons for catcalling behaviour (58.9%).
3	Catcalling is a form of traumatic sexual harassment	The catcalling phenomenon is familiar among students and university students in big cities, including Yogyakarta. The purpose

	(Qila et al., 2021)	of this study was to find out the experiences and reactions of victims who experienced catcalling. The research results show that catcalling harms victims. The different experiences of each make victims experience different reactions, such as choosing silence and even causing traumatic feelings in their lives.
4	Catcalling as Verbal Sexual Harassment Behavior Viewed from a Criminal Law Perspective (Fadillah, 2021)	The catcalling phenomenon has been around for a long time in the broader community and is a form of crime that is categorized as sexual harassment. The study results show that catcalling in Indonesia does not yet have a clear legal basis, so it cannot optimally guarantee legal certainty for catcalling perpetrators. In addition, the lack of clarity on the legal basis impacts the sense of justice for victims of catcalling.
5	Impact and Legal Role of the Catcalling Phenomenon in Indonesia (Yudha, 2022)	The phenomenon of catcalling is considered normal in society. The large number of treatments and victims of catcalling do not have a clear legal basis in the laws and regulations in Indonesia. This article aims to analyze the role of law and its impact on catcalling in Indonesia, hoping to provide legal protection for victims of catcalling treatment. The results showed that 78 respondents felt uncomfortable when they received catcalling treatment and even felt traumatized. Therefore, it is necessary to have clear legal rules to provide a deterrent effect on perpetrators and fulfil the right of each person to feel safe in public spaces.
6	Psychology of women: Feminist therapy (Susilowati, 2018)	Sexual harassment is a problem that continues to occur in the public sphere. This research aims to examine how to prevent sexual harassment through feminist therapy. The results of the study show that sexual harassment harms victims, the majority of which are experienced by women. Feminist therapy emerged as an effort to address the psychological needs of those experiencing sexual harassment, especially women.
7	The Phenomenon of Catcalling as a Form of Verbal Sexual Harassment Against Women in Ciheulang Village, Ciparay District, Bandung Regency (Susanti et al., 2022)	This research is motivated by the rampant acts of catcalling, which are caused by fun and feelings of annoyance experienced by women in Ciheulang Village. The results showed that the factors that influence the existence of the catcalling phenomenon are still considered normal by the local community, the stereotype that women's clothing is the main factor that makes the opposite sex tempted, the lack of socialization about sexual harassment and the government's efforts to deal with sexual harassment are not optimal.
8	Arek Feminist Movement in the Campaign Against Sexual Violence in Surabaya (Yuniar, 2020)	The number of sexual violence that occurs in society has increased every year. Gender inequality and patriarchal culture are the causes of the emergence of sexual violence that is rooted in society's culture. This research was conducted in Surabaya and showed that sexual violence is still at a high rate. Women who experience sexual violence are divided into two forms, i.e silence and resistance. The feminist movement was carried out as an effort to realize and voice demands against sexual violence and the fulfilment of women's rights.
9	Action Law Policy Abuse Sexual (Catcalling) in Criminal Law Perspective (Kartika & Najemi, 2020)	The impacts that arise as a result of the catcalling treatment of victims include psychological, mental and psychological disturbances in individuals. This research aims to analyze and understand the regulation of catcalling behaviour from a criminal law perspective. The results of the study show that catcalling has

		the potential to become a crime because it fulfils the elements of the crime of sexual harassment, which can be studied and analyzed from several articles in the Criminal Code and Indonesian law. Therefore, in order to achieve legal certainty regarding catcalling, it is necessary to have a specific legal policy for catcalling behaviour.
10	The Influence of “Catcalling” Verbal Communication on the Confidence of Veiled Women in Depok City (Okviana & Setiawanto, 2021)	The highest presentation of acts of sexual harassment is the phenomenon of catcalling, which causes individuals to objectify themselves unconsciously; this is commonly experienced by women who are victims of catcalling in public spaces. This research was conducted to determine the effect of catcalling on the self-confidence of women wearing hijabs in Depok. The results showed that catcalling had a reasonably strong effect on self-confidence, with a rate of 25.2%, while the other 74.8% were influenced by factors other than catcalling.
11	Feminist Counseling for the Recovery of Victims of Sexual Violence (Priyatna et al., 2023)	The highest presentation of acts of sexual harassment is the phenomenon of catcalling, which causes individuals to objectify themselves unconsciously; this is commonly experienced by women who are victims of catcalling in public spaces. This research was conducted to determine the effect of catcalling on the self-confidence of women wearing hijabs in Depok. The results showed that catcalling had a reasonably strong effect on self-confidence, with a rate of 25.2%, while the other 74.8% were influenced by factors other than catcalling.

Feminism was first coined by Charles Fourier, a utopian social activist. The basic concept of Feminism is to understand the causes of women’s oppression, which aims to restore the social order of women dominated by men (Bendar, 2019; Nigam, 2022). The development of this feminist theory also aims to help create a better life, especially for women and humanity, with the primary goal of further fighting for women, one of which is related to human rights (Karimullah, 2023; Mohajan, 2022a, 2022b; Susilowati, 2018; Zerbe Enns et al., 2021). Feminist counselling has been a revolution and a new approach in the last three decades. Feminist counselling is also known as counselling for women. During its development period, it was based on studies on mental health in women and the existence of a unique understanding of women in counselling and psychotherapy services. Feminist counselling creates a unique combination. Namely, the counsellor has a gender orientation combined with a counselling approach (Grzanka & Moradi, 2021; Suryanti, 2018). The basic concept of feminist therapy is generalizing various social ideas and individual experiences developed with a women-centred perspective (Bhate-Deosthali et al., 2020; Donovan & Littenberg, 2022; Vindhya, 2020). Operationally, feminist counselling is explained as matters relating to the processes and principles of counselling based on an understanding of Feminism. The existence of feminist counselling is also a form of representation that allows one to view counselling and psychotherapy conceptually. At the same time, feminist therapy is used as a theoretical framework study related to feminist theories (Nurzaman, 2018; Pemberton & Loeb, 2020).

The principles of feminist counselling, according to Barbara Brown (Sanyata, 2017), are divided into four categories, i.e:

1. Providing an understanding that women are individuals and social identities,

2. There is an approach to gender equality,
3. An equal relationship between the counsellor and the client, and
4. There is a process to grow and revive women's self-confidence and self-esteem.

This approach to feminist counselling is built by looking at the human side and self-esteem of clients as individuals who have the ability, creativity and independence in their lives (Bozkur & Yetim, 2024).

a. Catcalling sexual assault review

Catcalling as a form of verbal sexual violence is divided into seven types based on the catcalling victim's experience, namely: 1) the perpetrator of the act of catcalling seeks the victim's personal information with the aim that the perpetrator can meet again with the victim. 2) the catcalling perpetrator gives a call to the victim using the clothes and hijab that the victim uses and is racist. The call given by them has an element of teasing so that the victim feels uncomfortable. 3) catcalling actors carry out their actions under the guise of giving advice such as saying, do not be arrogant, do not frown, do not be fierce and so on. 4) the perpetrator gives praise for catcalling. 5) the perpetrator uses religious elements such as greeting and "ukhti" to the victim. 6) the perpetrator of catcalling physically commented without looking at the victim's clothes. Often, the clothes used are closed, but the perpetrators continue to carry out their actions by relying on the victim's physique, for example, fat and sexy. 7) catcalling actors give expressions or invitations with hostile intent (Pagurayan et al., 2023; Ramadhania, 2021)

Based on the experience of victims, the impact of catcalling is a negative impact, including feeling fear, trauma, and feeling uncomfortable. Some informants stated that the response that can be given when experiencing catcalling is silence, but the impact after catcalling is felt by the victim for a long time (Avezahra et al., 2023; Fox, 2023; Qila et al., 2021). It also tends to trigger psychological trauma and emotional feelings in victims, including feelings of fear, feelings of degradation, helplessness and shame for being victims of catcalling in public (Ahmad et al. et al., 2020; Dewi, 2019; Noopura, 2023).

The category of stress disorder, based on the diagnostic and statistical manual of mental disorders, can identify the psychological condition of a person who has experienced sexual violence, namely (1) Individuals who have experienced violence or witnessed it will be faced with a traumatic situation (2) the trauma arises because the individual experiences or witnesses a frightening situation (3) The traumatic event that is experienced will continue to exist within the individual as a condition that is repeated (4) The emergence of symptoms of anxiety in individuals (5) The existence of the traumatic causes the individual unable to live social life as usual (Dworkin, 2020; Garcia-Esteve et al., 2021; Khoiroh, 2021).

b. Feminism counseling is an effort to free women victims of catcalling.

Sexual violence and feminist counselling are two related concepts. The existence of feminist counselling is expected to help victims get out of these problems. The principles of carrying out feminist counselling to treat victims of catcalling can be developed by referring to the principles of feminist counselling itself. The strength of feminist therapy is empowering the counselee that women have their own identity. The counsellor helps the

counselee become an empowered and independent woman to play an active role in the community (Asmita & Masril, 2022; Rimonda et al., 2022).

Feminism counselling makes it possible to externalize the adverse effects of catcalling behaviour by empowering counselees in counselling sessions. This externalization is carried out to encourage counselees to be able to objectify every challenge they experience and to separate discrimination related to gender from their true selves. In addition, the existence of feminist counselling helps counselees create unique experiences that aim to help counselees remember events that conflict with the impact of problems in their lives; this helps the counselee to find new meanings and relationships related to the problem at hand and will bring the counselee's awareness in rejecting the impact of problems in the past (Ballinger, 2023; Brown, 2020; Farmer & Smock Jordan, 2017; Mahoney, 2023).

Feminist counselling is built based on humanity and the concept of respect that the counselee has the ability, creativity and independence within him. According to the concept developed by Rogers, there are four foundations of feminist counselling, namely: 1) each individual has the same capacity to determine his life path, 2) The counsellor must be able to be an example or example for the counselee because the counsellor plays a role in helping the counselee choose his way of life, 3) have faith in values that originate from ethical standards and 4) involve the community to build gender constructions (Perrella, 2022; Rosmalina, 2022; Sanyata, 2017). As for the implementation of feminist counselling, appropriate techniques and strategies are needed. Some of the techniques and strategies that can be used in feminism counselling are as follows (Koseoglu, 2020; Nurzaman, 2018; Roussel, 2023; Thornhill et al., 2024; Wheat, 2020):

- 1) Empowerment is critical because the power of feminist counselling lies in empowering counselees so that they can have independence and participate in balanced ways in society's social life.
- 2) Openness, an open relationship between the counsellor and the counselee, helps create a reciprocal relationship.
- 3) The counsellor helps explore and analyze gender roles. Counselors can use this process to explore counselees' expectations related to gender roles and provide knowledge about the impact of decision-making in the future.
- 4) Providing interventions related to gender roles. The counselor gives this intervention to help the counselee understand that there are different roles for women and men.
- 5) Bibliotherapeutic techniques. This technique can be implemented by utilizing various sources of information, including nonfiction books, autobiographies, educational videos, and knowledge related to the material for discussion between the counsellor and the counselee.
- 6) Assertive exercises provide awareness to the counselee about their rights, help the counselee change negative views of gender roles and help the counselee understand that problems arise in him not only from himself but from social pressure.
- 7) Reframing and relabeling, the counsellor helps the counselee to provide knowledge that the problems experienced originate from social pressure and do not originate within him.

- 8) The counselor provides group work at the end of the counseling session to ensure the counselee does not feel alone in dealing with problems and can exchange knowledge and experiences with other groups.
- 9) The counselor encourages the counselee to actively participate in activities related to gender issues / social action.

Apart from that, in feminist counselling, three principles of counselling were developed based on Gilbert's concept of feminist counselling (Dabkowski, 2022; Murphy et al., 2021):

- a) Raising gender awareness. The counselee raises gender awareness by learning to distinguish and map between the problems in the counselee and the social constructions that have been built.
- b) The women's validating process involves the counselee's awareness of learning and understanding the value of her experiences and the emergence of strength within her.
- c) In an egalitarian relationship, the counsellor and counselee must be built in an egalitarian manner, namely, an equal relationship to encourage trust and actively participate in ongoing counselling sessions.

The process of feminist counselling between the counsellor and the counselee must adhere to the principles of feminist counselling. The basic concept of Feminism, which is centred on women's and gender understandings, is deemed relevant to helping solve the problem of victims of catcalling. Based on the description of the data above, the results of the study show that catcalling as a form of verbal sexual harassment is still considered normal by some people; this is also supported by community stereotypes that the victim's clothing is the main factor in catcalling. Catcalling harms victims, the majority of which are experienced by women, such as depression, fear in public spaces, and even trauma that will affect the lives of victims. The response given by catcalling victims varies from one individual to another. Therefore, assistance for catcalling victims is also deemed necessary to help victims get out of the feelings that bother them. One of the efforts that can be made to help catcalling victims is to use Feminism counselling as one of the counselling that is considered relevant and what catcalling victims need to be able to get out of the problems they are experiencing. From a legal point of view, the victims also have the right to feel calm and peaceful when in public spaces, so legal rules regarding acts of catcalling are also needed as a legal basis for catcalling perpetrators.

Conclusions and Suggestions

The rise of cases of sexual violence in the category of catcalling is still normalized by some people who do not understand it. The impact felt by the victim of catcalling is not visible but is felt by the victim, such as fear, anxiety, and trauma. Feminism counselling, as a form of counselling based on gender or women's values, can be done to help resolve victims of catcalling by paying attention to basic concepts and applying feminist values in counselling practice. The limitation of this research is the lack of references used as the primary data analysis, especially regarding Feminism counselling as an effort to help victims of catcalling get out of the problems they are experiencing. Future research is

expected to provide significant values related to the theme of catcalling and be associated with other variables that influence or are closely related to Feminism. It aims to provide an overview and new knowledge about catcalling behaviour, supported by significant data.

Catcalling is a form of sexual violence that often occurs in broader society; this deserves special attention from society and the government. Several things that the community can do to prevent and reduce catcalling rates can be started from within the family circle. Some things that can be done within the family scope include providing education about sexual violence and the impact caused when catcalling occurs. Apart from the family, the school environment is vital in educating and directing students to avoid catcalling. Several studies that have been conducted show that there are no clear legal rules regarding catcalling, so this is homework for the government to be able to provide legal regulations that can be used as a reference for following up on acts of catcalling; this is also related to the existence of people's rights to feel safe and comfortable in public spaces so that the rule of law is expected to be able to minimize acts of catcalling violence.

The impact felt by individual victims of catcalling varies according to their experiences; this cannot be underestimated because catcalling can traumatize victims, which will impact their lives. Therefore, in addition to preventing catcalling behaviour, recovery and assistance to victims of catcalling must also be maximized; this can be done by collaborating with families, the school environment, and the local government to assist in the recovery of the victims.

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