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RESEARCH

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The "HeForshe" Approach Model to The Elimination of Violence Against Women and Children

Mariana Ngundju Awang^{1a*}, Matje M Huru^{1b}, Odi Namandjibar^{1c}, Wilhelmina A A Woda^{2d}

¹ Department of Midwifery, Poltekkes Kemenkes Kupang, Kupang, East Nusa Tenggara Province, Indonesia

² Prof. Dr. W. Z. Johannes Hospital Kupang, Kupang, East Nusa Tenggara Province, Indonesia

^a Email address: ramyakeyken1711@gmail.com

^b Email address: matjeh@gmail.com

^c Email address: odi069@gmail.com

^d Email address: hwpunk86@gmail.com

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Abstract

The pandemic causes the risk of gender-based violence to increase, one of which is domestic violence. It is because many women as mothers are workers, so they also have to do waiting office tasks, as well as do household work which is frequently burdened by women. Based on data from the Online Information System for the Protection of Women and Children (understood as Sistem Informasi Online Perlindungan Perempuan dan Anak/SIMFONI PPA) in October 2022, 19,613 cases of violence occurred, with details of 3,164 male victims and 17,960 victims, specifically for NTT (East Nusa Tenggara) Province as many as 895 cases of violence. Percentage of Women Victims of Violence by Type of Violence in the Province of NTT of abuse 44.03%, humiliation 65.01%, harassment 7.12%, neglect 12.71%, and others 13.02%. Perpetrators 68.85% are parents and victims of violence against women 1.91% in rural areas and 2.23 in urban areas. The Research Objective is to identify the 'HeForShe' Approach Model to the Involvement of Men in the Elimination of Violence against Women and Children in Kupang City and Kupang Regency, NTT Province in 2022. The research Method is a Mixed Method, Qualitative with Phenomenological Method and Quantitative Descriptive Survey Method. The population in the study were informants encompassing married men and women aged <55 years with the sample criteria being wife/husband status, and living together for more than 1 year. Female and male aged 18 years and unmarried, living with their parents. Religious leaders, midwives, teachers, and local government. Purposive sampling. Collecting data was performed by in-depth interviews and FGD in groups of 10-15 people, analysis was carried out descriptively, and a way ANOVA test to compare the three models. Research Results: From the 3 proposed models, it was discovered that 65 percent of respondents agreed with model 2, and the results of the one-way ANOVA test were obtained the p-value is 0.002 or smaller than alpha 5%, Conclusion: One model was obtained, namely the Network Coordination Model for the Office of Health, Education and Local Government in Empowering Youth in Primary Health Units and schools in Action to Prevent Violence against Women and Children. Recommended as one of the HeForShe models that is more appropriate to apply in the case of the Approach to the Elimination of Violence Against Women and Children by involving teenagers.

Keywords: HeForShe, Violence Against Women and Children, Kupang City, Kupang Regency.

***Corresponding Author:**

Mariana Ngundju Awang

Department of Midwifery, Poltekkes Kemenkes Kupang, Kupang, East Nusa Tenggara Province, Indonesia

Email: ramyakeyken1711@gmail.com



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1. INTRODUCTION

The pandemic has increased the risk of Gender-Based Violence (GBV) cases, one of which is domestic violence (DV). This is due to the fact that many women as mothers are workers, who have to do office tasks as well as do household work which is frequently burdened by women. Based on data from the Online Information System for the Protection of Women and Children (SIMFONI PPA), there have been 105 cases of violence against women, with 106 victims, 67 of whom experienced domestic violence (Kementerian Pemberdayaan Perempuan dan Perlindungan Anak Republik Indonesia, 2019). There are four factors that cause domestic violence against women, especially physically and sexually by partners, which are individuals, partners, socio-cultural, and economic (Pramudya, 2014; Koalisi Perempuan Indonesia, 2017)

East Nusa Tenggara Province is recorded as a province in Eastern Indonesia which has the highest number of violence against women cases with 677 cases. Based on 2023 SIMFONI PPA violence data, in NTT there were 339 psychological violence, 411 physical violence and 348 sexual violence. National Commission on Women perceives that the high number is related to the number of service providers in the province, and the public's trust to complain. Past; The patriarch's large household consisting of women, young men, children, slaves, and domestic servants who are all under the rule of the male ruler and today men's power is the relationship that causes men to dominate women or 85 percent of power on the father (Patriachi) (Awang et al., 2022). Cases of violence against women and children occurred in East Nusa Tenggara (NTT), from 2002 to 2017, there have been 3,621 cases of violence, perpetrators are parents and victims of violence against girls 1.91% in rural areas and 2.23 in urban areas (Komnas Perempuan, 2019; Missa, 2010; Susanty & Julqurniati, 2019; Simaibang & Bajari, 2019). The number of cases of violence against women in the distribution area is 93 cases (49%) in the city of Kupang and 83 cases in the regency of Kupang, while 17 cases (9%) were spread in other districts. There were 5 cases of male perpetrators of domestic violence who received counseling out of 79 cases of domestic violence. The number of cases of violence against children as many as 98 cases (50%) cases accompanied by Rumah Perempuan in 2019 the victims were children with details of 40 (41%) occurring in boys and 58 (59%) occurring in girls (Antara News, 2022).

The concrete steps include the "HeForShe" campaign or increasing men's participation on women's and children's issues to increase women's participation and representation in politics and development and protect women, children, and marginalized groups through 3 (three) focus areas, which are: Increasing women's participation in politics and decision-making, Reducing Maternal Mortality Rate (MMR) in childbirth; and Elimination of all forms of violence against women and girls (Sakina, 2017; Suri & Noerzaman, 2020).

The research aims to identify the "HeForShe" Approach Model - Involvement of Men in the Elimination of Violence against Women and Children in Kupang City and Kupang Regency, NTT Province in 2022.

2. RESEARCH METHOD

The type of research used in this study is the Mixed Method, which is a type of qualitative research with the phenomenological method that will explore data to identify the meaning of the basic and essential things from phenomena, reality, or experiences experienced by the object of research. Quantitative research with descriptive method is a method in examining the status of a group of people, an object, a set of conditions, a system of thought or a class of events in the present with the aim of making a systematic, factual and accurate description, picture, or painting of the facts, the properties and relationships between the investigated phenomena (Sugiyono, 2019). Location and time of the research were conducted in 2022 - 2023 in Kupang

City and Kupang Regency, NTT Province. The population in the study were informants consisting of married men and women aged <55 years with the sample criteria being wife/husband, not widow/widower, divorced, living/died, living together for more than 1 year. Girls and boys aged 7 – 18 years and not yet married, live with their parents, religious leaders, midwives, teachers and local government. The sampling method employed was purposive sampling based on sample data obtained from the midwife in the village and the village head and sub-village head according to the criteria above and collected in groups of 10 – 15 people to be interviewed at the house of one of the residents. Total sample 100. In addition, there are personal interviews with individuals who are victims of violence to examine the causes and as material in FGDs to identify solutions or policy models for preventing cases of violence.

The research variable is the HeforShe Approach Model – Involvement of Men in the Prevention of Violence against Women and Children, which is the Approach Model that is performed by involving men in preventing violence against women based on the results of a study of 7 root causes of violence problems conducted in 2021 using 10 methods of preventing violence against women in the form of models or policies. The study also employed nominal variable scale - questionnaire measuring instrument.

This research was performed by conducting in-depth interviews (in-depth interview) and FGD (Focus Group Discussion) using a questionnaire that had been prepared by the researcher on the involvement of men in preventing violence against women and children based on the results of the study of 7 Root causes of violence problems from men using the Model Approach. Model 1: Model 1: Networking approach with local government, police in preventing violence against women and children (PKPA)

Model 2: Coordination of Networks of Health, Education and Local Government agencies in Empowering Adolescent Girls Involving Boys in Actions for the Prevention of Violence against Women and Children, Model 3: Model of Handling Women and Children Based on Local Wisdom.

The data that has been collected is then administered data processing, the research data processing process is performed by editing stages; checking the contents of the questionnaire or question guidelines whether the existing answers are complete, clear, relevant and consistent., Coding: Code marking for each respondent data that belongs to the same category, to facilitate data analysis. In this study, the researcher provided a code for answers to interviews and FGDs. Tabulating is the processing of data that has been obtained which is compiled and displayed in the form of a frequency distribution table or a narrative of results. Data were analyzed manually and computerized by employing descriptive analysis, inference analysis was carried out one way ANOVA test to compare the three models and content analysis. This research has received ethical approval from the Health Research Ethics Committee of the Kupang Ministry of Health Polytechnic No.LB.02.03/1/0001/2022 (Description Of Ethical Exemption, 2022)

3. RESULTS AND DISCUSSION

Table 1. Frequency distribution of data on age, gender, education and occupation of respondents.

Age (year)		Gender		Education		Employment	
18-24	25-55	Male	Female	Junior- Senior High	University	Employed	Unemployed
43 (43%)	57 (57%)	40 (40%)	60 (60%)	49 (49%)	51 (51%)	90 (90%)	10 (10%)

The table above shows that the respondents in this study were aged 18 and over, the majority were women, most had undergraduate education levels and worked as farmers, traders,

fishermen, civil servants, police and private employees, but there were also those who did not have a job, even though it was small, but this supported occurrence of domestic violence.

Table 2. Types and Impacts of Violence.

Experiencing violence	Witnessing violence	Perpetrators of violence	Form of violence	
			Physical & Psychological	Sexual
50 (50%)	15 (15%)	35 (35%)	79 (79%)	21 (21%)

This table shows that most of the respondents had witnessed cases of violence and were perpetrators of violence, and the majority were physical and psychological violence but not a few were also sexual violence.

Table 3. Types of Physical and Psychological Violence.

Types of Physical and Psychological Violence	Total	Percentage
Angry/get angry	35	44.3
Being snapped in a public place	11	13.9
Evicted from home	5	6.2
Beaten/kicked/slapped	25	31.7
Doused with water	3	3.9
Total	79	100

This table describe that most of the physical and psychological violence experienced was anger or yelling and being beaten/kicked/slapped.

Conducting a test analysis to compare the 3 (three) models of approaches studied in this research, after data processing and data analysis of model types 1, 2 and 3 in the prevention of violence against women and children, the result is that model 2, namely the Network Coordination model of Health, Education and Local Government agencies in Youth Empowerment in Primary Health Unit and schools in the Action for the Prevention of Violence against Women and Children are more appropriate to apply according to the results of the One way ANOVA test, namely:

Model 2	ANOVA				
	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	.006	1	.006	.064	.002
Within Groups	4.494	48	.094		
Total	4.500	49			

Based on the table above, the p-value is 0.002 or smaller than alpha 5%, thus the test decision is to reject H₀, that is, at least there is one model, namely model 2 which has different results compared to models 1 and 3 or it can be said that there are different results. significant among respondents in determining a more appropriate model to be applied in preventing cases of violence against women and children against model 1, model 2 and model 3.

Results of FGD on 2 Representative Groups of Kupang City and Kupang Regency.

Model 1. Networking approach with local government, police in preventing violence against women and children (PKPA). According to 10 respondents, this approach is appropriate, if there are perpetrators of violence, firm and consistent action must be given in accordance with applicable regulations through the cooperation of the local government starting from the RT, RW, Sub-Village, Village, District and Regency/City levels and the police so that there is a deterrent effect for the perpetrator. Then the victim must be given protection,

given treatment related to the trauma experienced both physically, psychologically and sexually.

Model 2. Network Coordination model of Health, Education and Local Government agencies in Youth Empowerment in Primary Health Unit and schools in the Action for the Prevention of Violence against Women and Children. The network coordination referred to for health agencies is more focused on Empowering Primary Health Unit Cadres, adolescent boys and girls and educational institutions through education in the form of counseling and training in schools ranging from elementary, junior high and high school levels, which will automatically involve the Village Government/District and Staff.

As many as 65 respondents reported that so far there have been acts of violence, physically, psychologically and sexually. We have reported them to the authorities starting from the RT, RW, Sub-village, Village, District and Regency/City levels and the Police, but the actions always end in mediation, peaceful, there are not strict actions against the perpetrators, in fact, there are cases that are not processed due to insufficient evidence such as the absence of witnesses in cases of sexual violence. It causes the victims to be lazy to report cases of violence, just keep quiet, if it is too much, they report to the family which is also resolved in a peaceful manner. If it cannot change, they continue to experience acts of violence, finally getting divorced and even then, it is difficult, it requires a long process, it is not easy to get divorced, even if it is not permissible to divorce because there are religious rules that bind oaths and promises during marriage.

Opinion of Female Respondents, Husbands are the most dominant perpetrators of domestic violence, especially against wives and sometimes children are victims only because of the following: wives are not quick to serve in preparing food and drink, children also come home from school and do not help their parents with chores, refusing to have sexual intercourse regardless of the reason the wife just came home from work and feels tired or is getting her period. It takes sometimes a long time to serve because the food ingredients at home run out (gas, kerosene, coffee, sugar, rice, cooking oil, etc.). Most husbands do not want to help just sit and watch television, play cellphones, and just wait to be served by their wives. What is worse is that the husband does not work, but only goes out every day drinking drunkenly, gambling, so that when he returns home because he loses gambling and is drunk, his wife and children become victims of violence if they are slow to open the door, slow to serve for drink, do not have food or are not cooked. Moreover, the husband will seize the wife's valuables to be sold or pawned in order to get money for gambling and buying liquor.

There are confessions from girls who are victims of sexual violence by their biological fathers only because their wives refuse to have sex when they are sick and during menstruation. This child hates his father until now because she was raped since she was in second grade of junior high school. When her mother wanted to help her child not to be raped by her husband, her mother was kicked until she fainted and then her daughter screamed but the neighbors did not help because they were afraid as the father was known as a notorious drunkard in the neighborhood surroundings. After the incident, the mother and child reported the incident to the family, both male and female, religious leaders (the Congregational Council and Pastor) but it ended peacefully and promised not to do it again. The fact is that the father always commits acts of violence against both mother and child.

In connection with the above, 65 percent of respondents agree more if given early understanding to teenagers both boys and girls about violence, the impact, prevention and handling of violence against women and children by empowering the activities of the Youth Primary Health Unit in the family and community, and involve local cadres and traditional leaders so that they can speak out about violence that is not in accordance with local culture,

values and norms. Adolescents, after knowing and understanding, are expected to be able to break the chain of violence because men and women already have the same concept of acts of violence violating human rights. There is protection for victims and also sanctions both socially, customary and legal. These youths will become extension workers or informers to their peers in order to attempt to prevent violence and become reporters if there are cases of violence.

In the opinion of the respondents, it is more effective and efficient because it continues as long as the youth Primary Health Unit is activated. This information will continue to be echoed so that the teenagers develop properly in a healthy environment that does not witness any more cases of violence. Because many also commit violence during marriage because they were victims of violence as a child or teenager or witnessed neighbors committing violence without understanding that it is wrong, not good and not right or violates applicable laws and regulations.

Model 3. Model of Handling Women and Children Based on Local Wisdom. According to 25 respondents, the handling of cases of violence against women and children based on local wisdom is still very good to be used in solving problems of domestic violence through a family approach, which involves parents of marriage witnesses, customary witnesses and biological people from both husband and wife's families. Peace is just the same case of violence over and over again. There is no deterrent effect because they only forgive each other but there is no change in the attitudes and actions of the perpetrators of violence. The bad impact is that children follow what their parents do or they are afraid every time they see their parents, unable to express opinions or problems experienced by children at school or in the learning process. In fact, it is not uncommon for children to become perpetrators of violence again when they grow up because they feel that what their parents are doing is right. Thus, perhaps, it can be combined with the second approach model, which is the Coordination of Networks of Health and Education Institutions in Empowering Adolescent Girls Involving Boys in the Action for the Prevention of Violence against Women and Children. With hope, the community is educated from an early age so that it can prevent cases of violence that occur in the household.

DISCUSSION

Violence against women and children is a phenomenon that occurs around the world and requires attention and commitment from all parties to overcome and this is stated in the fifth SDGs goal. Achieving gender equality and empowering all women and girls has a target by 2030, that is ending all forms of discrimination against all women and girls everywhere and eliminating all forms of violence against women and girls in public and private spaces, including trafficking and sexual and other forms of exploitation (Kurniasi, Sumardi & Sakharina, 2022) Violence occurs due to various differences that exist such as differences in attitudes and feelings, cultural backgrounds, changes in interests, and rapid and sudden changes in values in society that lead to conflicts or disputes between individuals in the family. As the smallest unit of society, the family has a very important role in the growth and development of children, in this case, the family plays a role in various functions, such as the function of love, education, protection, to economic functions. Every family must have problems, therefore, it is crucial for parents to be more sensitive to problems that exist in a family such as: lack of communication in the family, parents who frequently fight, each family member does not know each other's conditions, violence and pressure between family members (Keating et al., 2013). The results presented that 65 percent of cases of violence occurred due to disharmony in family relationships, economic factors or conflicts that could not be resolved properly and ended in domestic violence.

Conflict resolution that leads to violence will usually be resolved in one of the following four ways: Obedient, it is a condition where one party decides to give in and follow the wishes of the other party. Compromise; A condition in which both parties give in a little and take a middle ground that is acceptable to both parties. Dodge; A condition in which both parties decide to end the conflict without a resolution, frequently both parties agree to disagree on the matter. Withdraw; A condition where only one of the parties decides not to continue the interaction which leads to unresolved problems, frequently, it will make the relationship between the two parties worse and how family conflicts will be resolved depends on the communication that exists in the relationship. If communication between family members is not good, it is not easy to discuss the root of the problem and find a solution. In addition, communication in the family is also colored by other aspects such as dominance, daily communication patterns, or culture. However, the fact is that based on the results of the research above, the problem is not resolved, even though it is repeated and it has done the things mentioned above so that it requires another policy model to overcome cases of violence by educating and training teenagers from an early age how to prevent and overcome violence that occurs in the family involving elements of education, health and local government periodically and continuously (Purnama & Syam, 2020; Suri and Noerzaman, 2020)

The assertive training can help women and victims of sexual violence to have the courage to refuse and express their feelings in the right way. Meanwhile, according to (Mutiarra, 2020) said that the collaboration of stakeholders in overcoming acts of violence against women and children in the city of Padang has gone quite well which is manifested through a network structure of stakeholders that is equal in obligations, mutual trust between stakeholders in preventive, curative and rehabilitative efforts. This collaboration also has good governance, and is based on clear standard operating procedures. The role of a leader that unites stakeholders so that members have a clear division of tasks. There is information sharing between members and the public. In connection with the above, the Coordination of Networks of Health, Education and Local Government agencies in Empowering Adolescent Girls Involves Boys in the Action to Prevent Violence against Women and Children in Primary Health Unit and schools as a proposed policy model to be applied in the resolution and prevention of cases of violence in the city and regency of Kupang according to the objective of this study.

According to (Suri & Noerzaman, 2020; Vasquez, 2021; Kurniasi, Sumardi & Sakharina, 2022) one of 10 ways to help end violence against women, even during a pandemic is to teach the next generation and learn from them. The examples we provide to young people is by shaping the way they think about gender, respect and human rights, starting conversations about gender roles early, and challenging the traditional features and characteristics assigned to both men and women, pointing out the stereotypes kids always face, whether in the media, on the street or at school, and let them know that it is okay to be different, encouraging a culture of acceptance, talking about consent, bodily autonomy and accountability to boys and girls, and also listening to what they have to say about their experiences in the world. By empowering young advocates with information, and educating them about women's rights, we can build a better future for all.

It is in accordance with the results of the study that 65 percent of respondents agreed more if given early understanding to adolescent boys and girls about violence, impacts, prevention and handling of violence against women and children by empowering the activities of the Youth Primary Health Unit in the family and community, as well as involving local cadres and traditional leaders to be able to voice about violence that is not in accordance with local culture, values and norms. Adolescents, after understanding, are expected to be able to break the chain of violence because men and women already have the same concept of acts of

violence violating human rights. There is protection for victims and also sanctions both socially, customary and legally. These teenagers will become extension workers or convey information to their peers in order to attempt to prevent violence and become reporters if there are cases of violence.

In this regard, early youth empowerment in Primary Health Unit and schools regarding their involvement in preventing violence against women and children is important as part of the role of parents or families in the community. Each member is encouraged to think independent., There is openness that will help them solve problems and build positive relationships. Families continue to support each other and try to resolve conflicts in a positive way (Keating et al., 2013; Ramadhana et al., 2019; Szkody & Mckinney, 2021). Instead of using protective communication patterns emphasize conformity and obedience, where one family member who is considered dominant will make a decision or problem solving that feels good, and other family members must follow. This pattern of communication gives rise to a lot of negative emotions and ineffective conflict resolution. As a result, in addition to unresolved problems, relationships in the family also have the potential to be damaged due to feelings of dislike. In comparison, children from protective families tend to have difficulty separating from decision-making figures. They are angry because they are required to always obey, feel very guilty due to unresolved problems, and have difficulty adapting to lectures. It is what respondents have encountered so far, thus, they think early education and training for teenagers (Rahmawati & Gazali; Renie Tri, 2019; Saputri, Khutobah & Risqiana, 2020).

How families apply communication patterns to resolve family conflicts will affect how their children build relationships with other people. The results of the study show that happy couples have satisfying communication with their partners. Happy couples report that their partners understand their feelings and are good listeners. Happy couples also report that it is easy for them to share their true feelings with their partner. Research results also present that unhealthy communication between husband and wife predicts the occurrence of tension in marriage and divorce, as well as domestic violence. The studies above reveal that communication is vital in building a happy marriage (Koerner & Fitzpatrick, 2006).

Communication appears to be something simple, but in reality, many married couples have difficulty in doing so, in the end, they choose to remain silent and avoid feelings of hurt, and avoid prolonged conflict, finally husband and wife relations become cold and tasteless. Given that communication is the key to the intimacy of a husband-and-wife relationship. It is significantly crucial to learn and practice effective and healthy communication. Communication is a dynamic process in which there is a transfer of meaning from one party to another. Therefore, effective communication involves the art of speaking to convey messages and meanings, and the art of listening to capture messages and meanings. The art of speaking: First, convey the message specifically and concretely. Second, convey your hopes, feelings, needs, thoughts to your partner frankly. Third, convey the things you do not like carefully, avoid attacking or blaming. Effective communication is the key to resolving conflict. Conflict is an unavoidable human phenomenon when humans interact with each other, there is certainty in the end that at some point in time, different personal preferences, ideas, likes and dislikes will create some level of conflict. Conflict can actually be positive. That is not to say that such occurrences are always negative, that conflict is frequently needed when helping to raise and resolve problems; energize the work to address the most appropriate issues; help motivate people to participate; and help people recognize and benefit from their differences. "Conflict is not the same as discomfort, conflict is not the problem it is when conflict is not managed properly, that is the problem (Ghaffar, 2019; Marfu'ah, Rofi'ah & Maksun, 2021; Tanskanen & Kivivuori, 2021)

The direct involvement of government organizations, indigenous peoples' organizations, religious organizations, educational organizations, health and legal service institutions has a strategic position in the campaign against violence against women and children. The campaign is a concrete step in preventing acts of violence against women and children which modes and numbers are increasing throughout Indonesia. Based on data collected by the Ministry of PPPA, violence against children in 2019 occurred as many as 11,057 cases, 11,279 cases in 2020, and 12,566 cases until November 2021 data. In children, the most cases experienced were sexual violence by 45 percent, psychological violence 19 percent, and physical violence around 18 percent. Other types of violence against children in the form of neglect, trafficking, economic exploitation, and others. Meanwhile, in cases of violence experienced by women, the Ministry of PPPA noted that it also experienced an increase. In the last three years, there were 26,200 cases of violence against women. In 2019, there were around 8,800 cases of violence against women, then in 2020, it had dropped to 8,600 cases, and again increased based on data until November 2021 at 8,800 cases. The type of violence experienced by women is mostly physical violence reaching 39 percent. Besides, there is 29.8 percent psychological violence, and 11.33 percent sexual violence. Violence Against Children; The 2021 SNPHAR results demonstrate a decrease in the prevalence of violence against children, compared to the 2018 SNPHAR results. Although both boys and girls experienced a decrease in prevalence, violence was still more experienced by girls. Based on the results of the SNPHAR in 2021, it was recorded that 34 percent or 3 out of 10 boys and 41.05 percent or 4 out of 10 girls aged 13-17 years had experienced one or more types of violence in their lifetime. Meanwhile, in 2018, 62.31 percent or 6 out of 10 boys and 62.75 percent or 6 out of 10 girls experienced one or more types of violence in their lifetime (Susanty & Julqurniati, 2019).

4. CONCLUSION

According to the results of the analysis of the three models, one model was obtained, namely the Network Coordination Model for the Office of Health, Education and Local Government in Empowering Youth in Primary Health Units and schools in Action to Prevent Violence against Women and Children as one of the HeForShe models is more appropriate to be applied in the Elimination Approach cases of Violence Against Women and Children in the City and District of Kupang, NTT Province in 2022 and will be studied and applied at a later stage in this research. The suggestion is to apply the model from the initial study so that it can produce an approach in the form of public policy that must be implemented in the context of preventing cases of violence against women and children.

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