

UNMASKING THE IMPACT: EXPLORING CYBER SEXUAL HARRASHMENT & MENTAL HEALTH IN HIGHER EDUCATION

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Abstract: The data on cybersexual harrashment in tertiary institutions is increasing along with the awareness and courage of the victims and the community to "speak out" regarding cases of sexual harrashment, including cybersexual cases. Based on data from the report of the Indonesian Women's National Commission (Komnas) from 2015 to 2020, the number of cases of sexual harrashment in educational institutions was quite high, at around 27%, with incidents in higher education institutions ranking highest . The Ministry of Education and Culture has also issued a ministerial regulation regarding the prevention and handling of sexual harrashment (PPKS) to minimize cases of sexual harrashment that occur in tertiary institutions because this can have a negative impact on psychological aspects, especially victims of mental health . This study aims to look at the impact of cybersexual harrashment to mental health people in the university environment ,. Respondents in this study were the academic community at tertiary institution "X" totaling 425 respondents using the convenient sampling technique. Data analysis using regression analysis techniques. This research has gone through a research ethics test. The results of this study there is an effect of cybersexual harrashment to mental health, that indicate the higher the cybersexual harrashment experienced, the lower the mental health condition. The effect contribution is 8,5%. The person in the academic community in university who have experience as a victim of cybersexual are given protection and recovery from universities, academics and families and synergizes with government in efforts to prevent and deal with cybersexual harrashment so that there are no other victims in the higher university.

Keywords: cybersexual harrashment, mental health, university, higher education

Introduction

Based on data from the report of the Indonesian Women's National Commission (Komnas) from 2015 to 2020, the number of cases of sexual harrashment in educational institutions was quite high, at around 27%, with incidents in higher education institutions ranking highest. According to the findings of a 2020 survey conducted by the Ministry of Education, Culture, Research, and Technology, 63% of victims do not dare to report their cases to campus for a variety of reasons at Kompas (2021).

Many cases of sexual harrashment in higher education institutions surfaced in 2021-2022, like an iceberg. Many complaints were made by students on social media about sexual harassment or violence in higher education institutions, as digitalization and social media platforms allowed them to express their feelings and thoughts. Women make up the vast majority of victims of sexual harrashment. Data on cases of sexual harrashment in higher education institutions based on the results of collaboration in "namabaikcampus" collected between 13 February and 28 March 2019 show that

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survivors of cases of sexual harrashment in higher education institutions came from 79 higher education institutions in 29 cities, with 174 survivors. Forms of violence in higher education institutions include forms of social bullying that aim to damage a person's reputation, verbal bullying such as mocking, sexual comments, threats and insults, physical bullying such as hitting, kicking, pushing, damaging, breaking and cyber bullying such as sending emails, messages of terror, rumors publish embarrassing things that happen also in cases of sexual harrashment (<http://ketik.unpad.ac.id>).

Forms of sexual harrashment refer to Article 5 paragraph (2) Regulation of the Minister of Education, Culture, Research and Technology Number 30 of 2021. There are many forms. Forms that are carried out face to face or online include conveying speech that discriminates or insults physical appearance, body condition , and/or Victim's gender identity; deliberately showing their genitals without the consent of the victim, sending messages, jokes, pictures, photos, audio and/or videos with sexual nuances to the victim even though the victim has been forbidden; take, record, and/or distribute photos and/or audio and/or visual recordings of the Victims; uploading photos of the victim's body and/or personal information with sexual nuances without the victim's consent; disseminating information related to the victim's body and/or personal sexual nuances without the consent of the victim and others. The Ministry of Research, Technology and Higher Education strongly opposes cases of sexual harrashment in higher education institutions to the point where it has ordered every higher education institution to have a PPKS (a task force for the prevention and handling of sexual harrashment) in order to create a campus free from sexual harrashment.

Cases of sexual harrashment based online or related to cybersex are increasing along with the massive use of technology today. Komnas Perempuan (Women's National Commissioner) also noted that the number of cases of violence that occurred in 2021 related to cyber gender-based violence (KBGS) against women, including in the educational environment. Data from CATAHU 2022 Women's National Commissioner shows an 83% increase in cases of KBGS from 940 cases in 2020 to 1721 cases in 2021. The KBGS category in Women's National Commissioner and data on service organizations are dominated by cases of online intimidation, threats of spreading personal photos/videos and online sexual extortion (<https://komnasperempuan.go.id>). Cyber sexual harrashment is an act of violence through internet technology to harass the victim.

Harassment in cybersex is currently increasing according to the Women's National Commissioner's annual report. Barak (2005) explains that there are four categories of harassment in cybersex including cyber sexual harrashment, namely: a) Active verbal sexual harassment, for example by using online harsh words aimed directly at the target person; b) Passive verbal sexual harassment, using harsh words but not specific to the person concerned; c) Active graphic gender harassment, pornographic images or videos distributed online via various e-mails to the person concerned or peers; and d) Passive graphic gender harassment, the same as active graphic, namely distributing videos or images but through the website.

Cases of cyber sexual harrashment are one of the impacts of increasing cybersex activity today. Cybersex is currently a phenomenon in modern society, especially among millennials, related to the increasing use of cybersex internet. Cybersex can have a negative impact on today's youth including prostitution, cybercrimes or sexual harrashment, child abuse, and pornography. Based on Juditha's (2020) research, it is known that most of the respondents carry out cybersex activities once or twice a week at their own home. The goal is because they want to know, as entertainment and recreation.

Most respondents carry out cybersex activities by browsing pornographic sites, the rest having sex conversations, downloading pornography, and accessing sex multimedia/software. Other findings indicate that respondents have had sex conversations with their boyfriends, husbands/wives, close friends, and people they just met, and have met face to face with someone for the purpose of sex who they previously only met online.

According to Huwaidah et al. (2020), cybersex is caused by curiosity, fun, peer influence, exposure to advertisements with pornographic content, taboo chat stimuli from the other person, easy access to the internet, and the influence of adult films. Based on research by Doring et al. (2017) it is known that students in four countries with a total of 2690 students coming from Canada, Germany, Sweden, and the United States, the prevalence of them doing sexual online activity is 6 types, namely for sexual information, sexual entertainment, sexual contacts, sexual minority communities, sexual products, and sex work. More men do these activities than women. The high activity of cybersex also has an impact on the violence of cybersex.

Based on research Jatmiko (2020), it is also known that cyber sexual harrassment is experienced by many women who are carried out by friends, boyfriends, and their relatives along with the increasing use of technology since during the pandemic. As cybersex activity becomes more intense, individuals can record and ask partners to engage in sexual activity and sometimes after their relationship is not well established, partners can intimidate them into spreading their sexual content online. This is known based on researcher interviews with several students who experienced this and based on data from Komnas Perempuan (Women's National Commissioner) which states that there were 1,721 reports received throughout 2021, 617 of which were cases perpetrated by ex-boyfriends. In addition to ex-boyfriends, 389 complaints were also made by social media friends, 324 cases of strangers, 218 cases of boyfriends and 92 cases of friends. CNN Indonesia (2022) state that the Total cyber violence in the personal sphere (855 cases) and the public sphere (866 cases).

Higher education as a producer of young people and intellectuals who are prepared to become leaders of the nation should be at the forefront and set an example in developing science and technology by upholding humanities values in accordance with the values of Indonesian national culture. The academic community in higher education institutions has the responsibility to uphold the principles of higher education and carry out their functions in accordance with Law No. 12 of 2012. Cases of sexual harrassment in higher education institutions are an emergency that must be addressed immediately and require the cooperation of all parties from the academic community in higher education institutions in overcoming this problem. Cases of sexual harrassment including cyber sexual harrassment in higher education institutions can occur between students, student-lecturers, students and employees or lecturers and employees and even the academic community and the general public who are around the campus.

Sexual harrassment including cybersex can have an impact on the mental health of the victim. Based on the results of a systematic review conducted by Steven et al. (2021) from 43 articles, the results of the analysis show that those that have an impact on mental health are anxiety, depression, suicidal thoughts, and panic attacks. This is also consistent with the results of research from Pashang (2019) which found that cyber sexual harrassment can have an impact on the mental health condition which can have a long-term impact on the personal life and social life of the victim . Sexual harrassment can impact to mental health and how about cyber sexual harrassment that occurs in

higher education institutions? does have an impact on the mental health of the academic community?, So in this research, the researchers want to know about impact cybersexual harrashment to mental health in higher education.

Materials and Methods

Research Design

This study used a quantitative approach with a cross-sectional design based on Creswell, (2014). The reason for using a cross-sectional study design is because in this study design all variables are measured and observed at the same time (one point in time) so that it makes it easier for researchers to conduct research.

The survey method used a questionnaire used for data collection. The questionnaire was designed in the form of a Google Form and sent to residents at one of the tertiary institutions consisting of the academic community, namely students and lecturers, then education staff and the community in the area around the tertiary institution as research subject targets through social media. This study has previously conducted an ethical test with number 064/2022 through the Nusantara Scientific Psychological Consortium.

Participant

The subjects of this study were 425 people from all faculties at one university in Jakarta. Respondents consisted of 312 students, 44 lecturers, 60 educational staff, and 9 members of the general public around the university. There were 127 male subjects and 298 female subjects. Subjects were selected using a non-probability sampling technique, using convenience sampling, namely determining subjects based on certain practical criteria, such as ease of access, availability, and availability (Etikan, Musa & Alkassim, 2016). Details of the demographic characteristics of the respondents are as follows:

Table 1. Demographic Characteristics of Respondents

Characteristics	Distribution (Percentage)
Status	
Student	312 (73.4%)
Lecturer	44 (10.4%)
Education personnel	60 (14.1%)
General public	9 (2.1%)
Gender: n (%)	
Female	298 (70.1%)
Male	127 (29.9%)
Education: n (%)	

Junior High School	1 (0.2%)
Senior High School	17 (4%)
Three-Year Diploma	13 (3.1%)
Four-Year Diploma	18 (4.2%)
Bachelor's Degree	319 (75.1%)
Marital Status: n (%)	
Not Married	332 (78.1%)
Married	90 (21.2%)
Divorced	3 (0.7%)
By residence: n (%)	
With the nuclear family	131 (30.8%)
With parents	179 (42.1%)
With one parent	33 (7.8%)
With extended family	22 (5.2%)
Boarding house/Rent	46 (10.8%)
Other	14 (3.3%)

Instruments

In this study, the instrument used was a cyber sexual questionnaire to determine cyber sexual conditions in the university environment. The questionnaire used was an adaptation of the “Cyber Sexual Experiences Questionnaire” questionnaire from Schenk Samantha (2008) (the adaptation process was carried out referring to Beaton, 2000). In addition, a mental health questionnaire was also used using the MHC Keyes and HSCL 25 measurement tools which have also been adapted by Deasyanti and Muzdalifah (2021). Process of adaptation Questionnaire The process starts from carrying out the translation process to several expert English translators and the back translation process to a certified language institution. The results were then discussed together by the researchers to discuss the items. Through this step, there is an agreement on the items used in the questionnaire and then a readability test is carried out to determine whether the respondent is able to understand or not. after it can be understood then the questionnaire is usedprocess of adaptation

Data Analysis

In this study testing the hypothesis using regression analysis. Regression analysis aims to determine research objectives that have not been achieved with correlation results. The hypothesis formulated in this study is the alternative hypothesis (H_a) which states that there is an impact between cyber sexual harassment and mental health and Hypptosis null (H_0) which states that there is no an impact between cyber sexual harassment and mental health.

Results and Discussion

The categories of subjects into the mental health continuum follow the criteria guidelines from Keyes (2002), namely each aspect on the scale of emotional well-being, psychological well-being and social well-being is calculated on an average. Then, it is standardized, and the cutoff value is determined by using a hypothetical value to divide it into three levels: upper score, middle score, and lower score. Categorization of mentally healthy types is made based on criteria. The flourishing category is if the individual has one of two aspects of emotional well-being and six of 11 aspects of psychological and social well-being above the upper limit score. In other words, individuals must show seven of 13 symptoms of mental health or more than 53.8% above the upper limit. Outside of this category, it is included in the moderate mental health category.

From the results of data analysis related to mental health categorization, it can be concluded that 45 (10.6%) experienced flourishing mental health, and 380 (89.4%) experienced mental health in the moderate mentally healthy category.

Meanwhile, from the results of data analysis related to the categorization of cyber sexual harrashment, it can be concluded that 370 (87.1%) experienced moderate sexual harrashment through cyberspace, and 55 (12.9%) experienced high sexual harrashment through cyberspace.

Data analysis in this study used regression analysis with ANOVA. The results show that the Simple Regression Test between cyber sexual harrashment and mental health has a value of $p = 0.021$, which means that H_a is accepted with the conclusion that there is an effect of cyber sexual harrashment on mental health.

Based on the results of the analysis, the mental health variable constant is -0.239 , while the cyber sexual health regression coefficient is 82.128 . Based on these data, the regression equation can be determined as follows: $Y = a + bX$, $Y = 82.128 + -0.239X$. The meaning of the regression equation above is that if cyber sexual harrashment (X) increases by one unit, then the mental health variable (Y) will decrease by 0.239 . From these results it can be seen that the effect of cyber sexual harrashment on mental health is negative. In conclusion, there is a positive effect between cyber sexual harrashment and mental health or the higher the cyber sexual harrashment, the lower the mental health.

Meanwhile, the adjusted R square result was 0.085 . This means that the cyber sexual harrashment variable contributes 8.5% to mental health, while the rest is influenced by other factors. This study shows that cyber sexual harrashment has an effect on mental health. This means that the higher the cyber sexual harrashment, the lower the mental health, the effect is around 8.5% and there are many other factors that can have an effect. However, this is of course an important concern in the world of education, especially at the university level, where the individuals in it should be role models and be able to maintain the attitude as future leaders and successors to the nation, especially students and lecturers.

Cyber sexual harrashment is indeed increasingly widespread and widely abused, the majority of victims are women, including in this study students and women are more victims. This is the same as the data received by Komnas Perempuan (Women's National Commissioner) Indonesia where most victims are women.

This study shows that cyber sexual harassment can have an impact on the mental condition of victims. However, the mental condition of victims is often neglected. Based on data from Komnas Perempuan (Women's National Commissioner), often law enforcement officials still ignore the mental health of victims in the process of law enforcement in cases of sexual harassment. In addition, the stigma from society or the people around them tends to be negative towards the victim which makes the victim's mentality decrease and can experience stress, depression and even suicide because they feel ashamed and helpless and have a negative self-concept as the results of research conducted by Welly et al. (2021).

The implications of this study include as a preventive measure the need for psychoeducation related to how dangerous cyber sexuality is so that you can be more careful in protecting yourself and not easily trapped by using the media to record activities that are intimate in nature so that they are not misused. In addition, there needs to be strict regulations that are currently being implemented in Indonesia, such as the ITE (Information and electronic transaction) Law, the TPKS Law (The Law on sexual harassment Crimes) related to sexual harassment and also the existence of a PPKS (Preventing and handling sexual harassment) task force in the campus environment to take firm action against perpetrators of sexual harassment including cyber sexual harassment and also protect victims so that their rights are fulfilled and can still be accompanied for recovery so that the victim's mental health is maintained.

Universities with large communities can get involved in their concern for cases of sexual harassment by providing awareness and training on how to prevent cyber-sexual harassment, how to deal with getting colleagues to do this, how to protect victims and treat victims appropriately so that their mental health is maintained. Campus life ethics are applied to students, lecturers, and education staff so that they uphold and make the campus free from sexual harassment and they feel safe in the campus environment. Of course, this requires the cooperation of various parties from each tertiary institution, including from the leaders, to regulate regulations for safe campus life.

Conclusion

Cyber sexual harassment can have an impact on the mental health conditions of individuals who experience it. The higher the cyber sexual harassment, the lower the individual's mental health. It is important to be a common concern, especially for the academic community, to minimize cyber sexual harassment in the campus environment. Preventive and promotional actions are required to suppress this and free it from the campus world in order to maintain the mental health of every campus member and keep them productive in carrying out their duties on campus both academically and non-academically.

Declaration of Interest Statement

In this research there are no conflict-of-interest issue

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