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SELF-HEALING FOR WOMEN WITH UNWANTED PREGNANCIES AT YAYASAN RUMAH TUMBUH HARAPAN BANDUNG

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Abstract. Women who experience unwanted pregnancies (PKTD) face very complex problems: being left behind by the man who impregnated them, being expelled by their families, being stigmatized by society, feeling deep shame and guilt, and losing their future. This study aims to examine the problem of unwanted pregnancy and its solution by RUTH Foundation. The research method is descriptive qualitative with data collection techniques of in-depth interviews, documentation study, observation, and Focus Group Discussion. The results of the study illustrate that the PKTD have problems of shame and fear, loss of future, and being left by the man who impregnated them. This research also succeeded in identifying self-healing services provided by the RUTH Foundation, namely healing carried out by the KTD women themselves with assistance from RUTH Foundation officers. The media used are sewing, knitting, painting, baking, flower arranging, going to nature, and other entertainment media. Self-healing is carried out continuously by emphasizing the willingness and ability of KTD women. The conclusion of this study is that self-healing by the RUTH Foundation has succeeded in leading women with domestic violence to forgive themselves and accept the situation they are in. Forgiving themselves and accepting the conditions experienced has opened up space for women with domestic violence to foster self-motivation and build a fighting spirit to continue a better life. The most important thing is that the Ruth Foundation has saved two generations, namely the CVC herself as a mother and the fetus in her mother's womb.

Keywords: Women, unwanted pregnancy, self-healing.

Abstrak. Perempuan yang mengalami kehamilan tidak diinginkan (PKTD) menghadapi permasalahan sangat kompleks: ditinggal lelaki yang menghamilinya, diusir keluarga, mendapatkan stigma masyarakat, rasa malu dan bersalah yang mendalam, serta kehilangan masa depan. Studi ini bertujuan mengkaji permasalahan PKTD dan solusinya oleh Yayasan RUTH. Metode penelitian berbentuk deskriptif kualitatif dengan teknik pengumpulan data wawancara mendalam, studi dokumentasi, observasi, dan Focus Group Discussion. Hasil penelitian menggambarkan bahwa PKTD memiliki masalah rasa malu dan takut, kehilangan masa depan, dan ditinggal lelaki yang menghamilinya. Penelitian ini juga berhasil mengidentifikasi pelayanan self healing yang diberikan oleh Yayasan RUTH yakni penyembuhan yang dilakukan oleh perempuan KTD itu sendiri dengan pendampingan dari petugas Yayasan RUTH. Media yang digunakannya adalah menjahit, merajut, melukis, membuat kue, merangkai bunga, pergi ke alam terbuka, dan media hiburan lainnya. Self healing dilakukan secara terus menerus dengan menekankan pada kemauan dan kemampuan perempuan KTD. Kesimpulan penelitian ini adalah bahwa self healing oleh Yayasan RUTH berhasil mengantar perempuan KTD memaafkan dirinya dan menerima situasi yang dialaminya. Memaafkan diri sendiri dan menerima kondisi yang dialami telah membuka ruang bagi perempuan KTD untuk menumbuhkan motivasi diri dan membangun semangat juang melanjutkan kehidupan yang lebih baik. Hal paling penting adalah Yayasan Ruth telah menyelamatkan dua generasi, yaitu PKTD itu sendiri sebagai seorang ibu dan janin dalam kandungan ibunya.

Kata kunci: Perempuan, kehamilan tidak diinginkan, self-healing.



INTRODUCTION

Pregnancy is a dream for a family. The presence of a baby complements the happiness of a married couple. But it is different when the pregnancy is unwanted. It is not happiness that comes, but disaster for those who experience and their families. Unwanted pregnancies are mainly experienced by teenagers (Alifah et al., 2022). Adolescents who experience unwanted pregnancy face very complex problems. There are many negative impacts that arise both physically, psychologically, and socially. He feels ashamed of what happened to him, feels depressed about the situation he is experiencing, feels guilty, is cornered by his family and social environment (Noor et al., 2020).

There were 34,000 cases in Indonesia of marriage dispensation applications submitted to the Religious Courts from January to June 2020 and 97% were granted, and 80% of the 700 marriage dispensations granted were due to pregnancy outside marriage (Alifah et al., 2022). BKKBN noted that in 2020 there were 17.5% of women who had unwanted pregnancies. In 2021, BKKBN also noted that the adolescent population (aged 14-19 years) had 19.6% of unwanted pregnancy cases, and around 20% had abortions. In West Java, quoting news from *Tribunnew.com*, in 2022 there were 8,607 cases of marriage by applying for dispensation. They got married because they were pregnant outside of marriage. In Bandung City itself, in 2021 according to the head of the Bandung City Religious Court, there were 193 cases that had been granted marriage by dispensation. He further stated that the reason they got married was because they were pregnant before marriage.

Women who experienced unwanted pregnancy who received marriage dispensation were lucky because they had the support of their families and the men who married them. Many women who experienced unwanted pregnancy who did not get married were even abandoned by the man who impregnated them and had to bear the pregnancy alone. Not only does the pregnancy have to be borne alone, but also ostracisation and stigmatization from the community. This has resulted in many CDWs experiencing severe depression. They are confused, afraid, worried, and even try to have an abortion (Noor et al., 2020).

In several previous research, it is known that self-healing is useful in helping self-recovery and can bring calmness and peace of mind as a result (Arisanti Yulanda & Herman, 2020; Mutohharoh, 2022). For example, research conducted by Redho et al (2019) on self-healing therapy conducted on

postoperative patients at Bangkinang Hospital, Kampar Regency showed that there was a significant difference in reducing the pain level of postoperative patients. In this study, the self-healing technique applied used touch techniques (hands in motion). The study suggested that self-healing nursing services can be used as a complementary therapy provided for patients to reduce the risk of exposure to chemicals such as drugs because they can reduce pain in postoperative patients (Redho et al., 2019). In research conducted by Budiman and Ardianty (2018), it is known that self-healing therapy with reiki energy is quite effective in reducing anxiety levels in facing thesis exams in students. The results of this research showed that self-healing techniques can overcome mild to moderate anxiety psychological disorders that can be carried out individually or in groups (Bahrien & Ardianty, 2017).

In the discussion in the literature study research conducted by Rahmah (2021) on self-healing, it is discussed that the concept of self-healing is the ability to heal oneself independently. Furthermore, to help the self-healing process, cognitive abilities are needed to respond to the thought process positively so that it creates an optimistic attitude that can reduce feelings of worry and fear of negative things. From the results of this research, a person's ability to train themselves to think positively can help improve their ability in the self-healing process which can help overcome fear and worry both about physical illness and other psychological problems so as to increase self-confidence and an optimistic attitude (Rahmah, 2021).

The desperate situation faced by CCWs makes them look for alternative parties that can save their lives. RUTH Foundation is one of the places that provides hope for victims of unwanted pregnancy. RUTH Foundation's CVC clients are provided with shelter and assistance services that are needed until the CVC gives birth. The service programmes provided aim to help clients to accept the situation they are in, and have a passion for life again to meet a better future in their lives. One of the services provided by the RUTH Foundation is a self-healing class.

Self-healing classes are one of the psychological services provided by RUTH Foundation to improve the self-management of domestic violence clients. The purpose of the self-healing class is to revive the client's confidence and make the client feel their life becomes more valuable. The self-healing classes provided by the RUTH Foundation include material on fostering hope, self-image, self-esteem, repentance, forgiveness, character building, and information on the long-term

impact of unwanted pregnancy (unwanted pregnancy) (RUTH House, 2023a). Based on this, this research aimed to describe the implementation of self-healing classes conducted by the RUTH Foundation for CTCD clients.

METHOD

The method used in this research is descriptive with a qualitative approach. The informant selection technique in this research used purposive sampling, namely RUTH House Foundation officers and PKTD assisted by the RUTH Foundation with a total of 4 people. The data collection techniques used were interviews, focus group discussions (FGDs), observations, and documentation studies. Interviews, FGDs and observations were conducted with informants. This technique was used to explore information related to the problem of women who experience unwanted pregnancy and self-healing which is an assistance programme from RUTH Foundation officers. The documentation study technique was used to obtain an overview of the RUTH Foundation and an overview of the women who experience unwanted pregnancy problems and service programmes of the RUTH Foundation. To ensure data validity, credibility, transferability, dependability, and confirmability techniques were used during the data collection process (Creswell, 2009).

RESULTS AND DISCUSSION

Client's Problem with Unwanted Pregnancy

The informants in this research consisted of 2 RUTH Foundation fostered clients and 2 RUTH Foundation employees with the characteristics of the informants which can be seen in table 1.1 below.

Tabel 1.1 Characteristic Informants

No.	Name (initials)	Sex*	Age	Education background	Address	Information
1.	D	W	41	Master's degree	Bandung	RUTH Foundation employee
2.	C	W	46	Bachelor of Law, Master of Counseling	Bandung	RUTH Foundation employee
3.	S	W	36	Junior high school	Ngawi	RUTH Foundation client
4.	A	W	18	Junior high school	Jakarta	RUTH Foundation client

*W= Woman

Based on interview results show that the dominant problems experienced by informants in this research include shame and fear of the condition of unwanted pregnancy, not wanting the family to know about their condition, getting stigmatized by the community who consider them as naughty women, being abandoned, or neglected by the partner who impregnated them, and others. Unwanted pregnancies provide psychological and

social problems for women who experience them. As described in research conducted by Fauziah et al. (2022) regarding unwanted pregnancies in adolescence that during their pregnancy they feel stress, fear, and shame because unwanted pregnancy is considered a disgrace in the family (Fauziah et al., 2022). Similarly, the results of research on resilience in CVCs conducted by Theofani (2020) explain that CVCs experience difficult situations such as rejection from family and social environment, feeling ashamed, and feeling alone (Eukaristianica Theofani, 2020).

As experienced by informant S, various feelings raged in her when she found out she was pregnant.

"I was forced by my employer to have intercourse, even though I refused, but I was forced. I screamed but my mouth was gagged with a cloth, and I was helpless. When I found out I was pregnant, I was scared, I felt guilty, I was ashamed. I have a family with three children in the village, I was afraid my family would find out about my condition." (Client S, 2022).

The informant stated that until this research was conducted, the client's family was unaware of her condition. Her family assumed that she was still working overseas. Feelings of shame and fear were also experienced by another informant, a teenage high school student. She did not expect that her intimate relationship with her boyfriend would lead to an unwanted pregnancy. When she found out she was pregnant the first thing she felt was fear. She was afraid that her family would find out. If her family found out, then she would get rejection and might even be kicked out of the house.

"I'm afraid my parents will find out, then I'll be kicked out of the house and what should I do... I'm ashamed, I'm afraid of being called a sinner, a depraved person and it's not just me who is ashamed, surely my parents will also feel ashamed to have a child like me who has ruined the good name of the family." (Client A, 2022)

The situation that occurred in high school children with unwanted pregnancy conditions was due to their low knowledge of reproductive health. This is in line with the results of research conducted by Ismarwati (2017) the factors that influence unwanted pregnancy in adolescents include: low knowledge of reproductive health, permissive attitudes in relationships, easy access to pornographic media, the influence of close friends in supporting free sex, and permissive-indifferent parenting patterns that tend to let adolescents in relationships so that they are easily influenced in promiscuity (Ismarwati & Utami, 2017). In line with

this, in another study conducted by Rohmatin et al (2021), the factors that influence unwanted pregnancy in adolescents in Rajadatu Village, Tasikmalaya include: 1) economic factors that are not enough to fulfill daily needs so that parents are busy working to earn additional income so that they do not have enough time with their children; 2) lack of parental knowledge regarding education on reproductive health in children including lack of parental monitoring of children's relationships; 3) lack of understanding of adolescents related to the consequences of having sexual intercourse before marriage; 4) access to media information about pornography; and 5) the influence of peers to engage in promiscuity (Rohmatin & Sunarya, 2021).

In research conducted by Pertiwi et al (2022) regarding the impact of unwanted pregnancy on adolescents through literature studies with a time span from January 2013 to December 2021, three themes were obtained, namely physical impact, economic impact, and social impact. The physical impact on adolescents with unwanted pregnancy includes the risk of infection and complications by having an abortion where abortion is one of the efforts to terminate a pregnancy that can be done illegally by taking over-the-counter drugs. Meanwhile, the economic impact on adolescents with CTC will be felt when they are still in school and still rely on their parents to fulfill their economic needs, making it difficult for CTC adolescents to continue their schooling after the baby is born. This will have a long-term impact on the adolescent's ability to get a decent paying job due to not having a proper education.

Furthermore, the social impact on adolescents with CVC includes a social environment that is difficult to accept adolescents and adolescents are unable to continue their education with CVC conditions (Pertiwi & Abida, 2022). The situation describing the threat of losing the future was also felt by the two client informants of the RUTH Foundation, as said as follows:

"My future is ruined, I still want to continue my studies. If my child is born, it means I have to take care of my child, even though I still want to go to school." (Client A, 2023).

The loss of future experienced by women who experience unwanted pregnancies is one of the long-term negative impacts. It is said to be long-term because they will experience prolonged trauma and a crisis of confidence, including limiting their social relationships. They are not free to move around with their social environment due to shame and guilt. They will also feel that people around them will scorn and ostracize them.

Another prominent problem experienced by women who are clients of Yayasan RUTH is the urge to have an abortion due to male irresponsibility. One of the RUTH Foundation counselors explained:

"When a woman becomes pregnant out of marriage, the first thing to do is to inform the person who impregnated her and ask for a solution. In reality, the man who impregnated her does not want to take responsibility, and even runs away from the life of the KTD woman. He disappears and does not take responsibility". (Employee C, 2023).

The RUTH Foundation administrator then added information that her client had been unsuccessful in holding the man who impregnated her accountable, so the next step was to attempt an abortion. When the abortion attempts also failed, she looked for a safe place that could save herself and her baby. Men running away and not taking responsibility for their girlfriend's pregnancy is considered dating violence. Many cases of dating violence in Indonesia have not been uncovered due to cultural, structural, and legal barriers. Handling cases of dating violence is legally difficult to handle because dating is not an official bond, so the forms of violence committed are considered to have no effect like violence in marriage (Widyasari & Aryastami, 2018). Victims are generally experienced by women and know no age limit, can be experienced by children, adolescents, and even adult women.

Self-Healing Class at the RUTH Foundation

RUTH Foundation is a private foundation with a vision to provide holistic services for women who experience sexual violence, aborted children, and neglected children through missions that are carried out, among others: 1) Stop Abortion: providing assistance to women who experience sexual violence and unwanted pregnancies who decide not to abort their unborn child; 2) Coaching: providing education for women who experience unwanted pregnancy related to sexual, reproductive, and life values; 3) Independence: providing skill development programmes for women who experience unwanted pregnancy for those who return to their families or choose to become single parents; 4) Counselling: providing counselling on the dangers and impacts of abortion to schools and communities (Rumah RUTH, 2023b).

The self-healing class at the RUTH Foundation uses a positive psychology approach which aims to encourage and motivate assisted clients that they still have a future and that they are valuable. In the application of self-healing classes, there are several stages, namely: 1) fostering hope (florish), 2)

understanding self-image, 3) fostering self-esteem, 4) repentance, 5) forgiveness, 6) character development, and the last is 7) providing education about the long impact of unwanted pregnancy (KTD) (Rumah RUTH, 2023a). This self-healing class is a compulsory class for every client at the Bandung RUTH Foundation because this class is one of the services provided by the Bandung RUTH Foundation where every client who has attended this class will begin to show good changes.

Self-healing itself is a process of healing from inner wounds that cause suffering to a person so that they can rise, have hope for life again, and good motivation for their life in the future (Arisanti Yulanda & Herman, 2020). Self-healing is an approach taken to the process of self-recovery to help calm down, reduce stress, and increase comfort. Self-healing is useful for releasing delayed negative emotions that are influenced by current conditions and past trauma. The success of self-healing can be seen from obtaining peace and tranquillity after doing self-healing therapy (Mutohharoh, 2022). There are many techniques that can be used in self-healing therapy, including those described in research conducted by Mutohharoh (2022) on self-healing, among others: relaxation, writing, mindfulness, positive self-talk, reading the Qur'an, forgiveness, self-management, gratitude, imagery, and strengthening worship (Mutohharoh, 2022).

Self-healing classes conducted by the RUTH Foundation are conducted every day with a duration of 1.5 to 2 hours per session. The self-healing classes provided consist of a variety of activities which from the results of this study activities such as: colouring / painting, sewing, knitting, baking, flower arranging, forgiveness classes, creating self-image, and recreational activities. This was explained by the informant as follows:

"Their daily activities start from nine in the morning until four in the afternoon. The first thing they do every morning is to attend a forgiveness class or what we call self-motivation. In the forgiveness class, they are given encouragement and motivation from speakers related to the importance of forgiving themselves before being able to forgive others or it could also be in the morning class filled with material about creating a self-image or self-image with the hope that they can appreciate themselves more. Then in the afternoon, they do therapeutic classes such as colouring or sewing, knitting, painting, baking, which are done alternately so as not to get bored. We once took them to Lembang to pick flowers and taught them to make flower arrangements from the flowers they picked themselves." (Employee C, 2023).

"Through the self-healing class and what I have explained before, we touch the deepest part of each KTD woman here by giving a picture of the incident they experienced into a material, but the way we do it is very considerate of their psychological condition as well. We will start with materials that are light and easy to accept, and when they are ready then the next material will be weightier." (Employee D, 2022).

Activities for clients conducted by RUTH Foundation such as colouring/painting, sewing, knitting, baking, and flower arranging can be classified as art therapy in a psychological approach. Art therapy is proven to reduce anxiety and depression. Like research conducted by Joseph et al (2018), from the results of his research it is known that art therapy interventions can reduce anxiety in women victims of domestic violence as indicated by changes in total anxiety scores and changes in responses from 14 items of anxiety symptoms obtained from before and after art therapy intervention (Joseph et al., 2018). In line with the research of Joseph et al (2018), another study using art therapy to reduce the level of depression due to domestic violence showed that art therapy given to research subjects was proven to help research subjects recognise themselves both in terms of weaknesses and strengths, help ease the emotional burden they face, help them express their emotions and feelings better without feeling depressed so that the emotions that arise are positive emotions, help foster self-awareness so that it can build research subjects' initiatives in running their lives in the future, increase self-confidence, and help reduce stress (Soukotta & Satiadarma, 2018).

In a scientific article on the results of community service conducted by Santoso (2022) on the use of art therapy with knitting to reduce anxiety and build useful human resources for adolescents in Ngrawan Village, Nganjuk, it shows that knitting activities can reduce the anxiety of adolescents (Wahyono & Santoso, 2022).

To complement the art therapy services provided, in the self-healing class, counselling services are also provided. Where this counselling is carried out at least once a week for each client. Counselling can be provided individually, in groups, or family counselling. Individual counselling is intended for clients with specific psychological problems. Group counselling is conducted in class together using positive psychology therapies such as flourish and fostering hope. Family counselling is conducted when assistance is needed between the client and the client's parents so that the relationship

between the client and his family can continue to run harmoniously.

Benefits of Self-Healing Classes felt by Informants

Self-healing classes are felt to provide benefits for RUTH Foundation clients such as making themselves more active and productive, especially in improving client self-management. This is stated in the informant's statement as follows.

"It is indeed useful for each of us, especially myself, I can have high motivation to continue working again, continue living a better life." (Client A, 2022).

"For me, the change is more about wanting to participate in activities while at RUTH, because before joining the self-healing class I was really lazy to move, let alone participate in activities, I didn't think it was important. Well, if there was no class, I personally wouldn't want to change anyway, I don't care about self-management, I just don't manage my time, even though I know it's important for myself, especially when I'm in a bad position right now. Here we are really taught how to manage ourselves." (Client S, 2022).

Based on the results of the research, it is also known that client S and client A felt that they experienced an increase in self-motivation by encouraging, providing support and positive encouragement given in the self-healing class which was able to bring up a strong feeling of self-worth in accepting their condition with an unwanted pregnancy. One of the benefits felt by clients in self-healing classes is that clients can create a picture of themselves as a whole and accept the strengths and weaknesses of the client so that clients can focus on how to improve the shortcomings that exist in themselves. As told by client A as follows:

"I was basically cheerful when I got into this problem and immediately went down, I didn't want to open up to anyone. If I let it continue, I will end up stressed for sure, my child has not been born yet and is already miserable. Thankfully here I am given constant motivation, until I can have new hope ... And it is indeed beneficial for each of us, especially myself, I can have high motivation to continue working again, continue a better life." (Client A, 2022).

In line with this, client S also felt an increase in motivation during the service provided, especially in the self-healing class. Client S felt, when she first came to the RUTH Foundation with an unwanted pregnancy condition, she felt down so it was difficult to open which caused her stress. However, the provision of motivation provided continuously through psychological services, especially self-

healing, raises new hopes for client S to live life in the future.

"I came with a broken condition and had given up about my future, so I had pressure from outside and inside myself. What made me not (not) want to do anything anymore, more to my resignation kak. With the class, my motivation can be there again, I can have hope again like before." (Client S, 2022).

Not only self-management and increased motivation, but the self-healing classes are also felt to help RUTH Foundation clients in building a more positive self-image. This was conveyed by the informant as follows.

"The self-healing class given by RUTH is really useful for me and the others, through that class we can really know about the right and good self-image, how we overcome the damaged self-image, how we can determine the things that are necessary and unnecessary in our lives, how we overcome self-discipline or about time." (Client A, 2022).

In research conducted by Prawono (2015) shows that art therapy plays a role in increasing self-image satisfaction in young adult women who experience dissatisfaction with themselves. This can be seen from the increase in the score in the informant's self-image satisfaction from before and after art therapy. Indicators of self-image satisfaction are seen from five aspects, namely appearance evaluation, appearance orientation, body area satisfaction, subjective weight assessment, and ideal weight (weight preoccupation) (Prawono, 2015).

The purpose of providing self-healing classes to clients assisted by the RUTH Foundation is to provide strengthening, support, and a sense of security for clients. Not only focusing on self-healing classes but the provision of psychological services is considered important to be given at the beginning because the condition of unwanted pregnancy is a condition that is difficult for clients to accept. This is illustrated by the statement of one of the counsellors as follows.

"Because we all know that women who experience unwanted pregnancies have deep traumas, feelings of disappointment, sadness, yet they will be considered a disgrace by their surroundings. Well, that will bring them to the point where they will be tired to live life. Their mindset at that point is no longer healthy. To prevent unwanted things from happening such as abortion or even ending their own lives. We at RUTH provide motivational services for each of the injured, so that they have new hope to live their lives. Actually, the purpose of this motivation is to strengthen them, to embrace them, and to support them so that they feel safe and comfortable." (Employee D, 2022).

In line with what informant D said, informant C, who is also one of the counsellors at the RUTH Foundation, explained that the emphasis of giving self-healing classes is for the client's self-recovery in the hope that when the client's psychological condition gradually recovers, the client has the desire to change into a better person.

"Self-healing classes that focus more on their own recovery, acceptance of themselves. All of that we give with love and prioritise their comfort so that they are not depressed and want to change." (Employee C, 2022).

In addition, one of the importance of providing psychological services to assisted clients at the RUTH Foundation is to rebuild clients' self-awareness so that they can overcome the problems they face and continue their lives better.

"They are clients with unwanted pregnancy problems, due to these problems, their social functioning is disrupted. Starting from the way they think, behave, even speak too. We want to avoid prolonged problems that will affect them and their neighbours, so we provide this service. Many of them also don't even realise that they are having problems with behaviour, thinking, and even learning new things. That's actually why we provide self-awareness raising services for them." (Employee C, 2022).

The submission given by counsellors and assistants at the RUTH Foundation is very selective and always delivered using positive words to encourage clients so that they can rise to become better individuals. As expressed by informants C and D as follows.

"Actually, the motivation itself is always given to them at all times. Because they are still mentally down due to the problems they have experienced. When I do individual counselling with clients, I always give them encouragement so that they can be more relaxed in facing their problems. I often say, 'it's okay if you are disappointed now but after this you have to smile again'." (Employee C, 2022).

"We always give positive and constructive words so that clients are not always dissolved in their problems and quickly have the confidence to continue their lives well, we also provide spiritual strengthening classes where this class aims for clients to leave their old lives and go to a new and better life". (Employee D, 2022).

When the counsellor was asked about the class in what session was felt to be very useful and the changes were very large for KTD clients, namely the forgiveness class. According to the counsellor,

when the client was able to forgive her past mistakes, it really helped the client to be able to accept her current condition, accept the presence of the fetus she was carrying, and be able to forgive the man who had impregnated her. This is what really helps clients to be able to get back on their feet to build a better life in the future.

Forgiveness

The provision of a variety of activities carried out in the self-healing class as described above focuses on restoring the psychological condition of clients to be able to accept their condition better. In the field findings, it is known that the provision of services in the self-healing class is very helpful for clients in accepting their circumstances and even making clients have new hopes to start a better life. Art therapy, counselling, and motivation provided every day encourage clients to gradually recover and these changes are addressed by more positive behavioural changes after clients get self-healing classes. Concrete changes that can be seen based on the results of field findings are changes in attitude from the initial client feeling no motivation to continue life, lazy activities to being moved to move back according to the activity schedule arranged by the RUTH Foundation.

When viewed in a psychological approach, art therapy, counselling, and providing motivation are included in forgiveness therapy. In a literature study research conducted by Anjainah and Muhid (2023) on the effectiveness of forgiveness therapy to improve the level of self-acceptance in women with breast cancer, it shows that forgiveness therapy is proven effective in fostering self-acceptance in women with cancer as shown by: 1) can accept himself and have a positive view of his future, 2) does not deny the shortcomings / weaknesses that exist in him, 3) can love himself without having to be loved by others, 4) feels himself more valuable, 5) and believes that he is useful (Anjainah & Muhid, 2023).

In line with this, research conducted by Oktaviana (2022) found that forgiveness therapy has an influence on reducing the anxiety level of adolescent victims of violence by learning to stop making themselves feel depressed from the experience of violence experienced. From the results of this study, forgiveness therapy was able to make the subject under study stop making himself feel and then be able to manage his current condition well to reduce the symptoms of anxiety that existed in him. In addition, forgiveness therapy conducted in groups helped the subjects studied learn from the experiences received by others so that they could

compare their conditions with the conditions experienced by others and their own conditions in the past. This helps in accepting and releasing negative emotions such as anger, guilt, shame, and helps improve their relationships with others in various problem situations (Oktaviana, 2022).

From this research, the purpose of providing self-healing classes is to help clients to be able to accept their condition as it is, with one of them also given through self-drawing techniques to help clients understand their condition better. After receiving services in the self-healing class, clients assisted by the RUTH Foundation are able to assess the shortcomings that exist in themselves and can better appreciate the advantages that exist in themselves. Not only that, but clients also know what to do to improve their shortcomings.

Mindfulness

From the results of the research, it is also known that self-healing classes place great emphasis on client self-recovery to bring up self-awareness in clients that the problems faced today can be resolved and clients with their efforts to change are able to realise a better future life. In self-healing classes, mindfulness therapy is also indirectly carried out. Self-awareness therapy is one of the therapies proven to reduce depression levels in adolescents and has been widely applied to overcome mental health problems such as stress and anxiety (Apriliyani et al., 2020). This therapy is carried out with calming techniques to create a calm state which is carried out through a series of techniques ranging from breath relaxation, mental visualisation, and meditation (Apriliyani et al., 2020).

In research conducted by Apriliyani et al (2019), it is known that mindfulness therapy can reduce the level of adolescent depression until it can reach a calm state and create a state of mindfulness where adolescents gain full awareness and acceptance of the conditions experienced (Apriliyani et al., 2020). In Latipah et al's (2020) research on the effectiveness of mindfulness-based intervention for HIV / AIDS patients also showed that mindfulness therapy provided through open-heart prayer in the intervention group had a significant reduction in depression levels. In addition, it is known that there is an effect of mindfulness-based intervention on the level of depression with a p value of $0.040 < 0.05$. Not only that, but it is also known that there is a significant effect of mindfulness-based intervention on family support with a p value of 0.039 where the family still plays a role in providing support for HIV / AIDS patients, especially emotional support through attention, love, and affection (Latipah et al., 2020).

In this research, self-awareness therapy is indirectly applied in counselling sessions where every day there is a motivational session given by the counsellor and companion to all KTD clients. The motivation is delivered using positive sentences that strengthen and foster enthusiasm for KTD clients.

Forgiveness therapy and mindfulness therapy are the dominant therapeutic techniques applied by RUTH Foundation in the implementation of self-healing classes. Based on the results of the research, it appears that when clients can forgive themselves for their past mistakes, it really helps clients to accept themselves and their current condition. This helps clients see their shortcomings and how clients can improve these shortcomings. In the end, the client's self-awareness will grow, and the client has new hope and enthusiasm to be able to build a better life in the future.

CONCLUSION

RUTH Foundation's self-healing has given hope to women who experience unwanted pregnancies. Indirectly, the RUTH Foundation has saved two human beings, namely the client and the foetus she is carrying. At least the assistance provided has led them to accept their pregnancy, and to look forward to a more open and better future. There are two therapeutic techniques in the dominant psychological approach applied in the self-healing class, namely forgiveness therapy and mindfulness therapy. In its emphasis, the self-healing class is aimed at restoring the psychological condition of clients. The psychological condition of the clients that gradually recovered plays a major role in increasing the motivation and enthusiasm of the clients to be able to reorganise their lives. The self-healing classes provided by the RUTH Foundation have succeeded in making domestic violence clients forgive themselves. The self-forgiveness phase is the opening door for women with domestic violence to foster self-motivation. They have realised that lamenting unpleasant situations is not a solution but rather makes them worse off. Therefore, they must rise and fight for the lives of themselves and their children. The awakening of motivation, the emergence of fighting power is one proof that women are strong and resilient beings despite getting unfair treatment from the boyfriend who left them. This is addressed by positive behavioural changes such as having a more positive mindset, having the enthusiasm and hope to be able to continue a better life, and having good self-management. Meanwhile, the application of self-healing classes provided by the RUTH Foundation is dominantly carried out through art therapy in the form of skills training such as sewing,

knitting, painting, baking, flower arrangement, gardening, outdoor recreation which is the medium of self-healing itself.

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