Insecure Attachment: Teenage Victims of Violence in Courtship

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ABSTRACT

This study aims to decide the role of insecure attachment in adolescent victims of violence in courtship. This type of research is a type of qualitative research with phenomenological methods. The data collection methods used are observation and interviews. The data collection technique used is the purposive sampling technique. Meanwhile, the data analysis techniques used consist of preparing data, reading the entire data, coding data, applying the results of data coding into themes that are ready to be analyzed, presenting themes in the form of narratives, and interpreting data. The results of this study showed that the four subjects namely JN subjects, SP subjects, LA subjects, and AP subjects who were adolescent victims of violence in courtship had insecure attachment. The main factors causing the victim to have a relationship are the presence of affection, wanting to be loved, and the desire to seek a sense of security. These attachment styles include fearful avoidant on JN subjects, preoccupied on SP subjects and LA subjects, and dismissive on AP subjects.

Keywords: Insecure Attachment, Teenage, Violence in Courtship.

I. INTRODUCTION

In adolescence, there is such a rapid transition both physically and psychologically. One of them is about bonding and attraction with other individuals. Building relationships in adolescence is one of the tasks of adolescent development. One of the characteristics of adolescent development is the emergence of liking, attraction, or love toward the other sex. According to Sirojammuniro (2020) a characteristic that tends to be adolescents in adolescent development is the feeling of love and being loved by others. In Erikson's view, adolescence is a stage of development in which individuals will be easily attracted to and predisposed toward the other sex (Ali & Ali, 2015). The ability to give love to each other is equally important to get the love that is mostly expressed by dating.

Courtship is called a bond of the close relationship between a man and a woman. Lukitasari (2018) argues that courtship is the process by which a person meets with another person in a social environment with the aim of knowing if that person is the right person to be a life partner. Based on research that has been conducted by Ekasari et al. (2019) several views on girlfriends are obtained that are understood by teenagers. In short, girlfriends are close friends, loved ones, and people who love them, teenagers are dating on the grounds of being a place to pour out stories and encourage.

Teenagers when going through a dating relationship, of course, will meet disputes and obstacles with their partners. When this is unacceptable to one of the partners, it is likely to cause conflict and can eventually lead to acts of violence against the couple, or it can also be referred to as courtship violence (KDP).

Violence in courtship among teenagers is a familiar issue. Violence in juvenile courtship is an act of threatening or physical, sexual, or emotional abuse committed by adolescents against their partner or girlfriend (Ali & Ali, 2015). Threatening behavior is defined as behavior that makes the partner feel threatened or makes fear both physically, sexually, and psychologically (Andayu et al., 2019). Forms of violence in courtship include breaking marriage promises, coercion in sexual relations, violence in the form of cyberbullying, physical violence, and other violence (Astutik & Syafiq, 2019). This violence in courtship...
can happen to anyone, both men and women.

Cases of violence in Indonesia itself every year always increase. Sourced from the Symphony-PPA (Online Information System for the Protection of Women and Children) during 2019-2021, complaints of cases of violence against women and children have increased. The number of reports of cases of violence against children has increased from 11,057 cases in 2019 to 11,278 cases in 2020, then to 14,517 cases in 2021. The number of victims of violence against children also increased, which originally in 2019 was 12,285 cases, in 2020 it was 12,425 cases, then to 15,972 cases in 2021. From that, the number of complaints of cases of violence against women also increased in 2019 was 8,864 cases, in 2020 it was 8,686 cases, to 10,247 cases in 2021.

Data on cases of violence in dating (KDP) in Indonesia in 2016-2020 was in the top three cases of violence in the private sphere. There were 6,480 cases of violence in the personal sphere. In the personal realm, it is then divided into several types of violence which include, Violence Against Wives (KTI) as many as 3,221 cases, Violence in Courtship (KDP) as many as 1,309 cases, violence against girls as many as 954 cases, violence committed by ex-husbands as many as 127 cases and violence committed by ex-girlfriends as many as 401 cases, violence against domestic work as many as 11 cases and violence in other personal domains as many as 457 cases.

Based on Symphony-PPA data, the number of victims of violence throughout 2022 in men is 835 people with the largest adolescent age group being 13-17 years with a percentage of 38.5% and aged 18 - 24 years with a percentage of 5.0%. While in women, where 4,921 people with the largest adolescent age group was 13-17 years with a percentage of 29.4% and aged 18-24 years with a percentage of 13.0%. From these data, women get violence more often than men and violence is experienced a lot in adolescence. In his case violence in courtship mostly affects the individual in the late stages of adolescent development. According to Andayu et al. (2019) in the late adolescent developmental stage, adolescents begin to perceive that courtship is a more serious and stressful thing that is stressful. Therefore, it is possible for adolescents to commit violence in courtship as a result of the pressure that arises during the courtship process.

Adolescents in relationships are negatively influenced by environmental and social factors, such as gender roles that affect courtship relationships. Ali and Ali (2015) said that gender roles are related to certain societal stereotypes, traditionally men are considered as independent, assertive, and dominant individuals, while women's roles include restrictions on behavior and protection of oneself, submissive, sensitive, or cautious. The family factor is also one of the reasons for being a violent factor in courtship. Violence in the family also affects the psychology of adolescents because they will imitate what they do in their relationships as they get treatment in their families (Ali & Ali, 2015). Individuals who consider violence in relationships to be a natural thing will experience considerable suffering.

Improper emotional venting causes courtship to be used to hurt partners by conducting violent behaviors (Andayu et al., 2019). Vulnerable groups that can experience violence are individuals who have a high insecure attachment. Theoretically, insecure attachment plays more of a role in violence in a relationship (Andayu et al., 2019). Research conducted by Andayu et al. (2019) found that insecure attachment contributes to violence in courtship, both from the perpetrator and the victim. Fearful-avoidant individuals have low self-esteem which makes them unable to solve problems in relationships, preoccupied individuals tend to be possessive in relationships and when they become victims of violence, they will find it difficult to extricate themselves, while dismissive individuals with negative models can also become victims of violence.

Research on insecure attachment in adolescent victims of violence in courtship is important because the number of cases of violence is always high every year. Komnas Perempuan (2021) said that the amount of violence in courtship in March 2020 reached more than 1,309 cases and was the most often reported. According to Park (2015), victims of violence in courtship have insecure attachments. Adolescents are prone to engaging in violent courtship relationships because variations in violence increase with age, and violence that occurs in adolescence can also be a prediction of violence in the future (Taquette & Monteiro, 2019). This study intends to understand more deeply the role of insecure attachment and its implications for adolescent violence in courtship, so that appropriate actions can be taken in dealing with these problems.

Looking at the situation, researchers felt the need to conduct interviews to find out more about the role of insecure attachment in adolescent victims of violence in courtship. Researchers conducted an interview on April 15, 2022, on the Zoom Meeting application with JN, a 20-year-old woman who had experienced violence in courtship. Based on the results of the interview, it is known that JN subjects experienced physical violence in the form of attacks on the body such as beatings, and verbal violence in the form of harsh words. The perpetrator is also jealous and possessive and likes to regulate the freedom of the subject. The reason the subject of JN is in a relationship is that there is a desire to be loved and during this time he is not close to both parents, so the subject is having difficulty escaping. Despite having experienced the violence, the JN subject kept a relationship with the perpetrator for up to 2 years in the hope that the perpetrator would change.

Based on the above, it can be known that insecure attachment has a role in violence in courtship.
Adolescents with developmental tasks who begin to be interested in the other sex will begin dating, but adolescents with insecure attachments are prone to get caught up in relationships in which there is violence. Therefore, researchers are interested in further researching “Insecure Attachment: Adolescent Victims of Violence in Courtship”.

II. RESEARCH METHODS

This research is qualitative research with phenomenological methods. A qualitative approach was used to supply an overview of insecure attachment in adolescent victims of violence in courtship experienced by respondents. Qualitative research is an approach that is conducted naturally and is used to explore values through human experience and behavior so that they can obtain deep results. While the phenomenological method is a method that is related to the observed phenomenon to get meaning through experiences or events that occur based on the perspective of the respondent.

The participants of this study were adolescents who were victims of violence in courtship between the age of 20-22 years. The number of participants used in this study was four people. Participants experienced violence at the age of 15-20 years. The four participants had diverse backgrounds. Researchers used purposive sampling techniques and informed consent to obtain approval from participants involved in the study.

Researchers used interviews as a data collection technique. Interviews are used as a key data collection tool. Researchers use semi-structured interviews and set up a good report on the subject and informant. Researchers use a semi-structured type of interview so that there are no theme restrictions and boundaries on the flow of conversation between researchers and participants. Researchers also made observations by noting the behavior of subjects during the interview process.

This research uses qualitative techniques consisting of several stages, namely by transcribing interview data in the form of verbatim conducted by researchers. Then the researcher analyzes and is reduced to a bath and then presents data in the form of tables, charts, or discussions of the data that has been analyzed. After that, the researcher draws conclusions from the patterns obtained into comprehensible information.

III. RESEARCH RESULTS

Four subjects who were adolescent victims of violence in courtship were willing to take part in the research conducted. The first subject (S1) was a 21-year-old female who experienced physical, psychological/verbal, and sexual violence when she was 15 years old, the second subject (S2) was a 20-year-old female and experienced physical and verbal violence when she was 18 years old, the third subject (S3) was a 21-year-old female and experienced physical, verbal, psychological, and sexual violence when she was 20 years old, and the fourth subject (S4) was a 22-year-old male and was verbally assaulted when he was 19 years old.

This study was conducted to decide the picture of insecure attachment had by adolescent victims of violence in courtship. Each of the subjects has a different picture of insecure attachment which influences the way the subject deals with the violence he experiences from his partner. Fig. 1. is a description of the factors causing violence in courtship experienced by the victim.

A. Causative Factors

Each of the subjects has varied factors causing violence in courtship. In general, the violence in courtship experienced by each subject is caused by internal factors, namely the perpetrator who is possessive when dating (S1, S2), the personality of the perpetrator who is abusive and likes to commit violence (S1, S2, S3, S4), and the perpetrator who has a sexual impulse that cannot be overcome properly to coerce the subject (S1, S4). In addition, the subject as a victim has low self-esteem and a sense of love that keeps him afloat in the relationship despite obtaining violence. External factors consist of the peer environment of the subject who tends to exert a bad influence and the unsupportive side of the family such as the parent who is also violent (S1, S3), or is completely unaware of the violence experienced by the subject (S2, S3, S4).

B. Insecure Attachment

The analysis that has been conducted in Fig. 2 succeeded in knowing the picture of insecure attachment had by adolescent subjects’ victims of violence in courtship. S1 and S4 have a preoccupied attachment style with images of the negative self and towards others who are positive, that is, the subject has low self-esteem, a negative view of the self, and the belief that his happiness depends only on his partner so that both have difficulty to detach themselves from the partner. S1 and S4 prioritize the interests of the perpetrator over him. S2 has a fearful-avoidant attachment style with a picture of the self and towards others that is negative, that is, the subject has low self-esteem, and difficulty in overcoming the problems he faces, but realizes that his freedom has been snatched away and supplies resistance even though it is less successful. S4 has a
dismissive attachment style with an image of a positive self and towards others that is negative, that is, the subject understands his desires clearly and does not depend his happiness on the partner.

**Insecure Attachment**

Insecure Attachment is a condition when the need for a child's sense of security and comfort is not met and has an impact on poor emotional regulation when faced with pressure. The existence of internal psycho-biological processes consisting of models of self and models of others.

**Types of Insecure Attachments**

- S1: preoccupied (model of negative self and others positive)
- S2: fearful avoidant (negative self-model and others negative)
- S3: preoccupied (model of negative self and others positive)
- S4: dismissive (model of positive self and others negative)

**Violence in Courtship**

- S1: psychological/verbal, physical, and sexual violence.
- S2: physical and verbal violence.
- S3: psychological, verbal, physical, and sexual violence.
- S4: verbal violence.

**Factors causing violence in courtship**

1. Internal factors: the perpetrator's possessive, abusive, and violent personality, sexual drive, the victim's low self-esteem, and a sense of love.
2. External factors include a poor peer environment, a family that does not support the well-being of the subject, and an unsafe environment.

Fig. 1. Factors Causing Violence in Courtship Experienced by Victims.

A picture of oneself

An overview of other people

Secure

Dismissive $S4$

Preoccupied $S1$ and $S3$

Fearful avoidant $S2$

Fig. 2. An Overview of Insecure Attachment in Victims of Violence in Courtship.
IV. DISCUSSION

The results showed that each of the subjects had experienced violence in courtship. The violence experienced by each of the subjects is influenced by internal factors and external factors. According to Wahyuni et al. (2020), internal factors that cause violence in courtship can be in the form of the perpetrator's negative personality and a tendency to commit violence, such as sexual urges with others as the target, as well as victims who have low self-esteem and attachment to the abuser which causes him to be unable to leave the relationship. Evendi (2018) explains that violence in courtship occurs due to the presence of low self-control, an inability to restrain oneself, and an unstable emotional state. External factors include the environment of victims and perpetrators who are unsafe, such as quiet places so that no one knows about violence, and people around who ignore and have a negative influence are also the causes of the violence to occur (Wahyuni et al., 2020).

Among the factors causing violence in courtship is the dependence between the victim and the perpetrator due to insecure attachment (Wahyuni et al., 2020). According to Andayu et al. (2019) insecure attachment has a big role in influencing relationships between individuals, including romantic relationships. Individuals with insecure attachments have insecure attachments that are influenced by internal working models or images of themselves and others that are at least negative Sheinbaum et al. (2015).

The picture of insecure attachment had by the subject is diverse. The picture of the positive self makes the individual able to realize his worthiness, and on the contrary, the negative makes the individual blame himself (Chui & Leung, 2016). In subjects with a preoccupied attachment style, there is a picture of negative self-esteem with low self-esteem, a view of the self as bad, which causes the individual to have a fear of abandonment or rejection by others. Park (2015) confirms that this makes the preoccupied individual very dependent on his happiness to his partner so he has difficulty leaving the relationship. Preoccupied individuals also have high anxiety (Unger & De Luca, 2014). The picture of others that is positive refers to how the individual anticipates the existence of others (Chui & Leung, 2016).

Subjects with a fearful-avoidant attachment style have a negative image of themselves and others (Jones, 2016). Individuals have low self-esteem which makes it difficult for them to overcome the problems they face and tend to accept the violence they experience (Andayu et al., 2019). Therefore, fearful-avoidant individuals are more prone to being victims of violence in courtship. The negative image of others makes the individual have expectations different or vice versa from the existing reality (Chui & Leung, 2016).

Subjects with a dismissive attachment style have a positive picture of the self, thus making them considered to have a low probability of becoming victims of violence in courtship due to the existence of a clear understanding of the self (Andayu et al., 2019). Even so, dismissive individuals can still be victims of violence in courtship. Dismissive individuals have a clear understanding of their worthiness and self-concept that tends to be positive (Chui & Leung, 2016). According to Unger and De Luca (2014) dismissive individuals have low levels of anxiety that make them not afraid of rejection. In dating, the subject can quickly realize the mistakes in the relationship and the perpetrator who harmed him to be able to break the relationship.

Insecure attachment is formed due to the relationship between the child and the close figure which can be in the form of parents or caregivers (Jones, 2016). When a child grows up with unmet needs for security, there is a high probability of developing insecure attachment. According to Jones (2016), when growing up, the position of a close figure can be replaced with others. Individuals who experience violence in courtship make their partners a close figure to meet their need for a feeling of security. The subject's family is not supportive, such as committing violence, and not knowing the problem facing the subject because of the subject's tendency to harbor his own problem is a sign that the subject develops an insecure attachment.

This research has limitations in its implementation. The research method in the form of interviews is still not able to reveal the information needed because of the inaccessibility of the subject in sharing his experience, so the data collected is not synchronized. However, telling negative experiences is not an easy thing to convey.

V. CONCLUSION

The violence in courtship experienced by participants was influenced by internal factors, namely the negative personality of the perpetrator, low self-esteem of the victim, and love, as well as external factors, namely an unsafe environment and an unsupportive family. Teenage victims of violence in courtship have different images of insecure attachment. Participants had an overview of insecure attachment, including preoccupied, fearful-avoidant, and dismissive. Participants with a negative self-image tended to be anxious and afraid of rejection, while the positive one knew the feasibility and good self-understanding. Participants with a picture of another person who are negative have different expectations or vice versa from the couple, while the positive ones tend to expect the existence of the couple and dependence.

The suggestion of this study is that participants may be able to set boundaries in relationships.
Researchers hope that participants understand that they are valuable and can be open to the problems they are facing, while also being expected to be more careful in choosing a partner. For parents, families apply a parenting style that is responsive, supplies sufficient demands, and direction so that it is expected to meet the needs of a sense of security and develop a secure attachment in children.

VI. REFERENCES


