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'I Care, You Deserve' Module in helping pedophilia victims

Norhidayah Daud¹, Faizah Abd Ghani^{1*}

¹Universiti Teknologi Malaysia, Malaysia

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ABSTRACT

'I Care, You Deserve' Module is a module for pedophilia victims. This module has been developed based on the research findings on the effects of pedophilia to the victims. This module includes four main aspects which are spiritual, cognitive, emotion and behaviour. Pre and postmodule on the psychological well-being level has been done to test the effectiveness of the module application. The result shows that this module is helpful in providing improvement to the victims for their wellbeing.



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Corresponding Author:

Faizah Abd Ghani,
Universiti Teknologi Malaysia
Email: faizah-ag@utm.my

Introduction

Pedophilia is defined as a sexual interest in prepubescent children (World Health Organization, 2006, Seto, 2015, Hall & Hall, 2007, McCartan, 2008). It is revealed by individual's sexual fantasies or desires, thoughts, excitement or behaviour on children. Pedophilia is not solely perpetrated by adult males. Women can also commit acts, as can other children (HM Government, 2015). These definitions give a very wide-ranging scope of sexual abuse, including cases where a child is unaware that they are being abused (Whitehead, 2010).

In June 2016, national concerns about pedophilia have grown because of recent high-profile pedophilia cases. Recent media attentions by television and newspapers has fueled fears about children's liability to sexual offenders. The issues of Richard Huckle who sexually abused up to 200 Malaysian children between 6 months and 12 years old, while doing voluntary work here has embarked the eyes of the whole nation (Harian Metro, Berita Harian, Astro Awani, Malay Mail, New Straits Times, The Star and The Sun, (9th June 2016).

Later on, a local social activist uploaded a screenshot from a private group chat consisting of 751 members on Telegram. The image shown was of a young child and the pedophilic comments left by the members surprised the public, especially seeing how some of the members were in their 20s, a considerably young age to be having any of these unnatural perverse thoughts about children.

However, it did not stop there. Then, there were lots of Facebook posting on a series of traumatizing confessions from sexual abuse victims who are now well-grown adults living a daily life still scarred by the incidents that remain permanently on their mind.

These big reveals has open the eyes of the whole nation since it brings harm not only to the victims when they are children, but it also affect their further stages in life development. Admittedly, childhood experience influence their further stages in life. As such, it is crucial to provide healthy and positive experience for the children for their future growth that associate with their psychological well-being. Psychological well-being refers to positive mental health (Edwards et al, 2004). Research has shown that psychological well-being is a diverse multidimensional concept (MacLeod & Moore, 2000; Ryff, 1989; Wissing & Van Eeden, 2002), which develops through a combination of emotional regulation, personality characteristics, identity and life experience (Helson & Srivastava, 2001). Psychological well-being can increase with age, education, extraversion and consciousness and decreases with neuroticism (Keyes et al., 2002).

On the other hand, negative childhood experience may hinder the development of positive personality. For example, traumatic event such as pedophilia victims will give impacts to the future life of the children. In 2007, a study has been conducted by Ahmad, to identify the level of depression among paedophilia victims and to determine the behaviour indicators of the victims. The outcomes discovered that all victims suffered critical depression. Victims also showed numerous behaviour indicators, such as being stressful, irritated and angry, played truant, had difficulties concentrating in school, learning difficulties, sleeping and eating disorders and attempted suicidal.

Next, there is a study done by Briere & Elliot (1994) summarize about the impacts of child sexual abuse. The numerous difficulties and symptoms described in the literature on child sexual abuse are reviewed including posttraumatic stress, cognitive distortions, emotional pain, and avoidance, an impaired sense of self, and interpersonal difficulties. The study also has established that the individual manifests abuse-related distress is a function of an undetermined number of abuse-specific variables, as well as individual and environmental factors that previously exist or occurred.

Alexander (2011) stated that victims of pedophilia might show a variety of symptoms during and for years after the incident has happened. It is the emotional and psychological effects that do more long-term damage to victims (Mustaffa & Abd Rahim (2012). Alexander (2011) calls sexual abuse a "chronic neurologic disease". Whereby, pedophilia has been linked with the increase of a wide range of mental health and social problems in childhood and adulthood (Lipovsky, 2012).

In conclusion pedophilia may cause severe effects to the victims throughout their lives. As such, an immediate solution is needed to overcome this issue that will serve as a fundamental resource in helping children as to produce Malaysian citizens who are knowledgeable and competent, who possess high moral standards and who are responsible and capable of achieving high level of personal well-being as well as being able to contribute to the harmony and betterment of the family, the society and the nation at large (National Education Philosophy).

The objectives of this study are: 1) To explore the effects of pedophilia to the victims; 2) To identify the victims' well-being; 3) To develop "I CARE, YOU DESERVE" module for victims' self-recovery; 4) To test the effectiveness of the module to pedophilia victims

Method

This study is a case study. According to Creswell (2012), case study is an in-depth exploration of a bounded system such as activity, event, process or individuals. A case study method was applicable for this study because it represents an intensive analysis of a case with an aim to generalise across a larger set of units (Gerring, 2004). Erickson (1986) claims that since the general lies in the particular, what we learn in a particular case can be transferred to similar situations. It is rich in detail, so it allowed an in-depth analysis of the participants (pedophilia victims). This study focused on a detailed analysis of issues of pedophilia and how it affects the victims, thus how the developed module will help them for self-recovery.

This study consists of three phases and involve qualitative and quantitative method of data collection. They are interview and answering 'Soal Selidik Kesejahteraan Kanak-kanak' instrument. These combination of data collection method in case study is based on the statement made by Yin (1981), stated that case study can be done by using either qualitative or quantitative data, not solely on qualitative method. This statement is also agreed by Snow and Anderson (cited in Feagin, Orum & Sjoberg (1991) that asserted case study is known as triangulated research strategy that may occur with data, investigators, theories and even methodologies. The need for triangulation arises from the ethical need to confirm the validity of the processes. In case studies, this could be done by using multiple sources of data (Yin 1984, as cited in Tellis (1997).

In this study, during the first phase, quantitative and qualitative method were used. Through qualitative method, participants are required to participate in an open-ended interview to explore the effects of paedophilia incident to themselves. After that, quantitative method took place whereby the respondents were required to answer 'Soal Selidik Kesejahteraan Kanak-kanak' questionnaire to identify their level of well-being.

Later, on the second phase, based on the findings from the first phase on the effects of pedophilia to the victims and victims' well-being, module design and development began. After the module has been developed, it was verified by the experts.

After that, the third phase began in which running the module to the participants. There was a group counselling based on the designed module. Then, researchers identified the effectiveness of the module by comparing the results of pre (before) and post (after) questionnaire answering ('Soal Selidik Kesejahteraan Kanak-kanak'). This is to determine the difference of score in term of their well-being.

Results and Discussions

Effects of pedophilia to victims

Interview to 21 respondents revealed that the effects of pedophilia to the victims varied from physiology, behavior, emotion and cognitive aspects. The effects are vaginal and abdominal pain, shivering, sleeping problems, digestive problems, back problems, emotional and cognitive problems such as she was thinking to commit suicide, scared that perpetrators will come to them, dissociation, study problems and isolation. All the respondents also admit that they need help to encounter the effects that they face.

'I Care, You Deserve' Module

After exploring the aspects of the effects, researchers developed the suitable module namely 'I Care, You Deserve' Module. This module consists of four main aspects which are spiritual, behavior, emotion and cognitive. This module is in Malay language. This module has been verified by experts. Table 1.0 below is the score by experts by activities in the module

Table 1. Score by experts by activities in the module

No	Activity in Module	Sub-Module	Expert 1	Expert 2	Expert 3	Mean Value
1	1.1: <i>Milik Siapakah Aku Ini?</i>	Spiritual	9	8	6	7.67
2	1.2: <i>Kenapa Aku?!</i>		9	8	6	7.67
3	1.3: <i>Diriku Sangat Berharga</i>		9	8	7	8.00
4	1.4: <i>Akukah atau Dia Pendosa?</i>		9	7	6	7.33
5	1.5: <i>Tundukkan Pandangan</i>		4	8	6	6.00
6	2.1: <i>Sayangi Diri, Hargai Diri</i>	Cognitive	9	9	8	8.67
7	2.2: <i>"SEMUA?"</i>		6	7	8	7.00
8	2.3: <i>Jangan Perbesarakan!</i>		5	8	8	7.00
9	3.1: <i>PAUSE!</i>	Emotion	6	7	6	6.33
10	3.2: <i>Memahami Ekspresi Perasaan</i>		8	8	6	7.33
11	3.3: <i>Memahami Ekspresi Perasaan (SEDIH)</i>		8	8	6	7.33
12	4.1: <i>Kawanku, Harapanku</i>	Behaviour	8	8	7	7.67
13	4.2: <i>Satu Soalan Sahaja!</i>		7	8	6	7.00
14	4.3: <i>Saya Rasa... Awak Mempunyai Perasaan..</i>		8	8	6	7.33
15	4.4: <i>Memburu Tingkahlaku Beremosi</i>		7	7	7	7.00
16	4.5: <i>Hello??</i>		6	7	7	6.67
17	4.6: <i>Bendera Negara Kita & Saya</i>		5	9	7	7.00

Meanwhile, Table 2 shows score from experts on the overall module based on the sub-module.

Table 2. Score from Experts on The Overall Module Based on The Sub-Module

No	Sub-module	No of activities	Agreeableness of Expert 1	Agreeableness of Expert 2	Agreeableness of Expert 3	Mean
1	Spiritual	5	7	8	6	7.00
2	Cognitive	3	6	8	7	7.00
3	Emotion	3	6	8	7	7.00
4	Behavior	6	6	9	7	7.33

The above scores from experts shows that the module is suitable and appropriate to be applied to the targeted respondents.

Effectiveness of 'I Care, You Deserve' Module: Victims' Well-being Before and After Module Application

In order to test the effectiveness of the module, researchers compared the score of victims' wellbeing using 'Soal selidik Kesejahteraan Kanak-kanak'. The data were analyzed using Rasch Model. The results on the level of victims' well-being of each of the well-being component as table 3:

Table 3. Victims's well-being for each well-being's component

No	Component	Pre	Post	Remarks	Position
1	Autonomy	0.06	0.50	Increased	3
2	Environmental Mastery	0.38	0.52	Increased	6
3	Personal Growth	0.32	0.69	Increased	4
4	Positive Relation with Others	-.07	1.16	Increased	1
5	Purpose in Life	0.59	0.74	Increased	5
6	Self-acceptance	0.41	1.45	Increased	2

The table shows all components in well-being are increased after the application of module. The highest increment is in positive relation with others, followed by self-acceptance, autonomy, personal growth, purpose in life and environmental mastery.

These results shown are suitable to the researches by Nelson et. al., (2007) on the importance of early intervention for self-recovery. Zahyah (2008) claimed, in order for the children to experience a healthy growth, psychological and sociological aspects of the children should be filled. In addition, according to Shonkoff and Philipp (2000) and Phillips, McCartney and Sussman (2006), for individual's success in school, workplace and community, the emotional and physical health, social skills and cognitive-linguistic capacities that arise during childhood years are crucial. To add, science shows on the requirement of a children including on the things they need to be protected from, in order to encourage their healthy development. In order to provide lifelong benefits for behavior and both physical and mental health, the children need a stable, responsive, nurturing relationships and rich healthy learning experiences during their childhood years (Shonkoff & Richmond, 2009).

Conclusions

In conclusion, victims of pedophilia face various of effects from physiology, emotion, cognitive and behaviors aspects. By looking at the effects, researchers had developed a helping module namely 'I Care, You Deserve' Module. This module has been verified by experts and are suitable to be applied to the respondents. The effectiveness of the module has been examined by looking at the level of victims' wellbeing before and after the application of module. The results by Rasch Model shows that after the application of the module, the victims show increment in wellbeing components which are autonomy, Environmental Mastery, Personal Growth, Positive Relation with Others, Purpose in Life and Self-acceptance. Hence, it is concluded that this module is effective in providing improvement in the victims' life.

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