

## Improving the Self-concept of Women Commercial Sex Workers with Group Counseling Solution-focused Brief Counseling (SFBC) Approach

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**Abstract:** This study underscores the critical need for mental health intervention among commercial sex workers undergoing rehabilitation, focusing on gender issues, particularly women choosing alternative paths in this field. The psychological challenges linked to their identity as female sex workers require the identification and enhancement of their self-concept. The research evaluates the effectiveness of the Solution-focused Brief Counseling (SFBC) approach in fortifying the self-concept of women involved in commercial sex work through group counseling services. Conducted at the Andam Dewi rehabilitation center in Solok with 21 female participants, the study adopts a quasi-experimental design. Results affirm the efficacy of SFBC, highlighting its potential to improve women's self-concept in this specific context. This study contributes to an underexplored domain, urging counselors at rehabilitation centers to embrace group counseling services and SFBC to enhance the self-concept of women engaged in commercial sex work.

**Keywords:** self-concept; commercial sex workers; solution-focused brief counseling

**Abstrak:** Penelitian ini menggarisbawahi kebutuhan penting akan intervensi kesehatan mental di kalangan pekerja seks komersial yang menjalani rehabilitasi, dengan fokus pada isu gender, khususnya perempuan yang memilih jalur alternatif di bidang ini. Tantangan psikologis yang terkait dengan identitas mereka sebagai pekerja seks komersial membutuhkan identifikasi dan peningkatan konsep diri mereka. Penelitian ini mengevaluasi efektivitas pendekatan *Solution-focused Brief Counseling* (SFBC) dalam memperkuat konsep diri perempuan yang terlibat dalam pekerjaan seks komersial melalui layanan konseling kelompok. Dilakukan di pusat rehabilitasi Andam Dewi di Solok dengan 21 partisipan perempuan, penelitian ini menggunakan desain kuasi-eksperimen. Hasil penelitian ini menegaskan manfaat SFBC, menyoroti potensinya untuk meningkatkan konsep diri perempuan dalam konteks khusus ini. Penelitian ini berkontribusi pada domain yang belum banyak dieksplorasi, mendorong konselor di pusat-pusat rehabilitasi untuk menggunakan layanan konseling kelompok dan SFBC untuk meningkatkan konsep diri perempuan yang terlibat dalam pekerjaan seks komersial.

**Kata Kunci:** konsep diri, pekerja seks komersial, *solution-focused brief counseling*

## A. Introduction

Social problems often make a person do various ways to meet their economic needs.<sup>1</sup> Commercial sex workers (CSWs) are rarely investigated due to the often informal nature of the workplace, the negative stigma, and the often illegal nature of the activity.<sup>2</sup> The behavioral characteristics of CSWs were low on sex role orientation and scored higher on sensation seeking.<sup>3</sup> It indicates that prostitution as an alternative to choosing an easy way to make money in a short time indicates the low self-concept of prostitutes.<sup>4</sup> The community, especially women who choose alternative paths to work as prostitutes, needs to be identified in the aspect of their self-concept.<sup>5</sup>

Commercial sex work has been rampant along with the times.<sup>6</sup> Until now, prostitution in Indonesia continues to grow; in almost every big city, there is always a resocialization of prostitution.<sup>7</sup> So far, the government has not been firm in dealing with the problem of prostitution.<sup>8</sup> Sex workers are criminalized themselves as well as their clients.<sup>9</sup>

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<sup>1</sup> Julian Le Grand and Ray Robinson, *The Economics of Social Problems* (London: Palgrave Macmillan, 1976), <https://doi.org/10.1007/978-1-349-15632-0>.

<sup>2</sup> Michael W Ross et al, "Occupational Health and Safety among Commercial Sex Workers," *Scandinavian Journal of Work, Environment & Health* 38, no. 2 (2012): 105–19, <https://doi.org/10.5271/sjweh.3184>.

<sup>3</sup> L. Xantidis and M. P. McCabe, "Personality Characteristics of Male Clients of Female Commercial Sex Workers in Australia," *Archives of Sexual Behavior* 29, no. 2 (2000): 165–76, <https://doi.org/10.1023/a:1001907806062>.

<sup>4</sup> Nell K. Allison et al, "Sex-Typed Product Images: The Effects of Sex, Sex Role Self-Concept and Measurement Implications," *Advances in Consumer Research*, 1980, 604–609, <https://www.acrwebsite.org/volumes/9747>.

<sup>5</sup> Suzanne M Johnson Vickberg and Kay Deaux, "Measuring the Dimensions of Women's Sexuality: The Women's Sexual Self-Concept Scale," *Sex Roles* 53, no. 5–6 (2005): 361–69, <https://doi.org/10.1007/s11199-005-6759-y>; Purwaningtyastuti Purwaningtyastuti and Dian Savitri, "Kebermaknaan Hidup Pekerja Seks Komersial Ditinjau dari Konsep Diri," *Jurnal Dinamika Sosial Budaya* 18, no. 2 (2017): 260–73, <https://doi.org/10.26623/jdsb.v18i2.575>.

<sup>6</sup> Satria Ramadhan, Riswanda Riswanda, and Ika Arinia Indriyani, "Redefinisi Relasi Kekuasaan: Fenomena Industri Seks Komersial di Kota Serang," in *Prosiding Seminar Nasional Prodi Ilmu Pemerintahan 2018* (Serang: Untirta Press, 2018).

<sup>7</sup> Ni Made Sri Nopiyani et al, "Akses Jaminan Kesehatan Nasional pada Pekerja Seks Perempuan," *Kesmas: National Public Health Journal* 9, no. 4 (2015): 308–14, <https://doi.org/10.21109/kesmas.v9i4.734>.

<sup>8</sup> Gunawan Prakoso, Ani Purwanti, and Dyah Wijaningsih, "Kebijakan Pemerintah Daerah dalam Menanggulangi Prostitusi di Kabupaten Belitung Provinsi Bangka Belitung," *Diponegoro Law Journal* 5, no. 4 (2016): 1–17, <https://doi.org/10.14710/dlj.2016.12771>.

<sup>9</sup> Kathryn McGarry et al, "Access Denied: Sex Worker Health and Well-being in the Context of Criminalization," in *Giving Voice to Diversity in Criminological Research* (Bristol University Press, 2021), 161–84, <https://doi.org/10.46692/9781529215540.009>.

The prostitution law in Indonesia should be increasingly enforced so that cases of violations can be reduced. Criminal law only prohibits individuals who assist and provide sexual services illegally. Prostitution Law in Indonesia Article 63 paragraph 1 the penalties will be imposed on any person who provides facilities, induces, coerces, or orders to engage in prostitution. The punishment is in accordance with the laws and regulations in Indonesia.<sup>10</sup>

Prostitution activities, both offline and online, are very troubling and disrupt the order of community life.<sup>11</sup> In addition, it can also damage moral norms and violate any religious provisions. Additionally, those engaged in sex work are often discriminated against and viewed in a discriminatory way mainly because of the perception that these individuals are to blame for the breakdown of the traditional family, epidemics of STIs and HIV/AIDS, escalating crime, and the subversion of youth,<sup>12</sup> whoever takes advantage of the obscene act of a woman and makes it a livelihood is threatened with a maximum imprisonment of one year.<sup>13</sup>

Data available at the Indonesian Ministry of Social Affairs generally records the number of registered sex workers, i.e., individuals registered in *lokalisasi* (prostitution localization) spread across the territory of Indonesia. The National Coordinator of the *Organisasi Perubahan Sosial Indonesia* (OPSI) revealed that the estimated number of women sex workers in Indonesia

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<sup>10</sup> Leony Sondang Suryani and Ani Purwanti, "Kriminalisasi Perempuan Pekerja Seks Komersial dalam Perluasan Pasal Zina RUU KUHP," *Sawwa: Jurnal Studi Gender* 13, no. 2 (2018): 281–96, <https://doi.org/10.21580/sa.v13i2.3020>.

<sup>11</sup> Rosie Campbell et al., "Risking Safety and Rights: Online Sex Work, Crimes and 'Blended Safety Repertoires,'" *The British Journal of Sociology* 70, no. 4 (2019): 1539–60, <https://doi.org/10.1111/1468-4446.12493>.

<sup>12</sup> Ema Hidayanti, "Strategi Coping Stress Perempuan dengan HIV/AIDS," *Sawwa: Jurnal Studi Gender* 9, no. 1 (2013): 89–106, <https://doi.org/10.21580/sa.v9i1.667>; Lian Agustina Setyaningsih, "Korelasi Terpaan Media KIE (Komunikasi, Informasi dan Edukasi) Penanggulangan HIV dan AIDS dengan Tingkat Pengetahuan Pekerja Seks Perempuan (Studi Kasus Pekerja Seks Perempuan Kabupaten Malang)," *Jurnal Nomosleca* 3, no. 1 (2017): 551–67, <https://doi.org/10.26905/nomosleca.v3i1.1484>; Rhoda K Wanyenze et al., "When they know that you are a sex worker, you will be the last person to be treated": Perceptions and Experiences of Female Sex Workers in Accessing HIV Services in Uganda, *BMC International Health and Human Rights*, vol. 17, 2017, <https://doi.org/10.1186/s12914-017-0119-1>; Zahra Jorjoran Shushtari et al., "Social Network and HIV Risk Behaviors in Female Sex Workers: A Systematic Review," *BMC Public Health* 18, no. 1 (2018): 1020, <https://doi.org/10.1186/s12889-018-5944-1>; Anna Tokar et al., "HIV Testing and Counseling Among Female Sex Workers: A Systematic Literature Review," *AIDS and Behavior* 22, no. 8 (2018): 2435–57, <https://doi.org/10.1007/s10461-018-2043-3>.

<sup>13</sup> M. Moeljatno, *KUHP (Kitab Undang-Undang Hukum Pidana)* (Jakarta: Bumi Aksara, 2021).

reached around 230,000 people in 2019.<sup>14</sup> Of course, these data deny the existence of unregistered sex workers who operate individually or in groups outside localizations, such as on the streets, hotels, salons, and so on. In addition, there is a general tendency that the number of sex workers reported by localization managers is often lower than it.<sup>15</sup>

Several other factors, such as family breakdown and abuse, low levels of education, lack of support, lack of awareness of the field, death of a breadwinner, and influence of friends, among other pertinent reasons, may contribute to the entry into sex work.<sup>16</sup> Unfortunately, others are coerced and trafficked into the field. Entry into the field of sex work may be based on free occupational choice or based on poverty and powerlessness. Most (95%) of the respondents reported that they were in this occupation for financial reasons.<sup>17</sup> No matter what the circumstances may be in which women in the field of sex work, it is important that we do not condemn or belittle the people in the field and focus on reducing and eliminating risk in the workplace.<sup>18</sup>

Women sex workers will be negatively labeled by society.<sup>19</sup> Women are the spearheads who will continue the next generation.<sup>20</sup> The role of a woman who will later become a mother who has been involved in the world of sex work will be underestimated because it is rooted in the minds of the community. Localizations are places where women sex workers live and work. However, despite this, women sex workers have an important role in cutting

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<sup>14</sup> Komnas HAM, "Menyoal Dampak Penutupan Lokalisasi di Indonesia," Komnas HAM Republik Indonesia, September 24, 2019, <https://www.komnasham.go.id/index.php/news/2019/9/24/1170/menyoal-dampak-penutupan-lokalisasi-di-indonesia.html>.

<sup>15</sup> Binahayati Rusyidi and Nunung Nurwati, "Penanganan Pekerja Seks Komersial di Indonesia," *Rosiding Penelitian dan Pengabdian kepada Masyarakat* 5, no. 3 (2018): 303–13, <https://doi.org/10.24198/jppm.v5i3.20579>.

<sup>16</sup> Andrea A Antwi, Michael W Ross, and Christine Markham, "Occupational Health and Safety among Female Commercial Sex Workers in Ghana: A Qualitative Study," *Sexes* 4, no. 1 (2023): 26–37, <https://doi.org/10.3390/sexes4010003>.

<sup>17</sup> Antwi, Ross, and Markham.

<sup>18</sup> Teela Sanders, Maggie O'Neill, and Jane Pitcher, *Prostitution: Sex Work, Policy & Politics* (London: SAGE Publications Ltd, 2018), <https://doi.org/10.4135/9781529714944>.

<sup>19</sup> Dawam Mahfud, Nafatya Nazmi, and Nikmatul Maula, "Relevansi Pemikiran Feminis Muslim dengan Feminis Barat," *Sawwa: Jurnal Studi Gender* 11, no. 1 (2015): 95–110, <https://doi.org/10.21580/sa.v11i1.1448>.

<sup>20</sup> Khaerul Umam Noer, "Mencegah Tindak Kekerasan pada Anak di Lembaga Pendidikan," *Sawwa: Jurnal Studi Gender* 14, no. 1 (2019): 47–66, <https://doi.org/10.21580/sa.v14i1.2998>.

the chain of deviant behavior. CSWs in several regions in Sumatera Barat are collected after being arrested by Municipal Police and recorded at the social service. Solok Regency, precisely in the Sukarami area, is in the social service center for women, Andam Dewi. This place is a place for coaching for prostitutes so that they no longer do work that should not be done as women with rehabilitation; of course, it will greatly help them improve their abilities so that they can have independent businesses to improve their economic situation and not return to the world of prostitution, by Through guidance on skills such as cosmetology, cooking and sewing, of course, prostitutes do not only need guidance on skills, but also mental and religious guidance, which will increase one's self-awareness and introduce them to their role as women.

Self-concept is rarely examined with the provision of guidance and counseling services because most rehabilitation institutions focus on finding skills for prostitutes that become their provision for life to make money. Community institutions only see the concept of health that needs attention. However, the psychological readiness of women prostitutes after facing the outside world after being declared out of the rehabilitation center still requires effort to prepare them. Therefore, this research raises the topic of self-concept so that women ex-prostitutes can get out of this behavior and be able to socialize in society. One of the important psychological factors discussed is self-concept.

Self-concept affects the cognitive elements that can change the perspective of prostitutes and be able to get out of this job. Self-concept is an understanding of oneself that arises from interacting with others.<sup>21</sup> Self-concept is a mirror image primarily determined by the roles and relationships with others and the reactions that others bring to one's self.<sup>22</sup> Ideally, self-concept is a description of the appearance and personality desired by a person and is formed through experiences gained through interaction with the environment. Self-concept is not an innate factor that is brought from birth but develops from experiences that individuals continuously pass.

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<sup>21</sup> Ramadona Dwi Marsela and Mamat Supriatna, "Konsep Diri: Definisi dan Faktor," *Journal of Innovative Counseling: Theory, Practice & Research* 3, no. 3 (2019): 65–69, [https://www.journal.umtas.ac.id/index.php/innovative\\_counseling/article/view/567](https://www.journal.umtas.ac.id/index.php/innovative_counseling/article/view/567).

<sup>22</sup> Elizabeth B Hurlock, *The Psychology of Dress: An Analysis of Fashion and Its Motive*. (New York: Ronald Press Company, 1929), <https://doi.org/10.1037/13382-000>.

The concept of self is important for an individual's life because the self-concept determines how individuals act in various situations, which teaches individuals how to look at themselves as a whole, which includes abilities, feelings experienced by their physical condition and their immediate environment, self-concept creates feelings directed in the structure of personal consciousness.<sup>23</sup>

So it can be understood that the self-concept of CSWs has dynamics, especially at the turning point of rediscovering the positive meaning of themselves and their work after being slumped by their decision to become a CSW. The perception process has an important role in the search for meaning, namely how they interpret and make sense of their life experiences. The self-concept of sex workers is a construction of identity before becoming a sex worker and the subjective self-meaning of being a sex worker. The thing that has a strong influence on her self-concept is the experience of going through a dilemmatic situation related to the moral conflict experienced and the ability to find meaning in the fact that she is a prostitute. A pseudo-self-concept colors the self-concept of sex workers because they like to lie to cover their disgrace by wearing masks, both in the form of social masks and moral masks.<sup>24</sup>

Based on research analyzed empirical evidence for the relationship between the occurrence of dissociation and acting as women sex workers (CSWs) on mental health conditions, there is yet little attention has been paid to the psychological factors that influence the behavior of women in sex work.<sup>25</sup> Many studies investigate sex workers, but there are very few studies that investigate the psychological conditions and trauma of sex workers regarding

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<sup>23</sup> Robert B Burns and Clifford B. Dobson, "The Self-Concept," in *Introductory Psychology* (Dordrecht: Springer Netherlands, 1984), 473–505, [https://doi.org/10.1007/978-94-011-6279-1\\_13](https://doi.org/10.1007/978-94-011-6279-1_13).

<sup>24</sup> D. P. Budi Susetyo and Y. Sudiantara, "Konsep Diri pada Pekerja Seks Komersial," *Psikodimensia: Kajian Ilmiah Psikologi* 14, no. 2 (2015): 27–40, <https://doi.org/10.24167/psiko.v14i2.898>; Muhammad Syaifudin Zuhri, "Konsep Diri pada Pekerja Seks Komersial di Warung Remang-remang (Desa Kedung Banteng Kecamatan Sukorejo Kabupaten Ponorogo)" [Undergraduate thesis]. IAIN Ponorogo, 2022.

<sup>25</sup> Hidayanti, "Strategi Coping Stress Perempuan dengan HIV/AIDS"; Winnie Wing-Yan Yuen et al., "Psychological Health and HIV Transmission among Female Sex Workers: A Systematic Review and Meta-Analysis," *AIDS Care* 28, no. 7 (2016): 816–24, <https://doi.org/10.1080/09540121.2016.1139038>; Cecilia Benoit et al., "Prostitution Stigma and Its Effect on the Working Conditions, Personal Lives, and Health of Sex Workers," *The Journal of Sex Research* 55, no. 4–5 (2018): 457–71, <https://doi.org/10.1080/00224499.2017.1393652>.

self-concept,<sup>26</sup> that a person's sexual self-concept serves to regulate sexual cognitions and behaviors.<sup>27</sup> Solution-focused Brief Counseling (SFBC) is a powerful, practical, and proven approach to changing individuals in a positive direction.<sup>28</sup> SFBC counseling focuses on the problem of the self-concept of group members. SFBC emphasizes the counselee's feelings in changing his behavior. Through group counseling with the SFBC approach, it is hoped that CSWs will be able to solve problems independently, not only regarding their way of thinking but also dealing with skills to improve self-concept.<sup>29</sup>

SFBC is a postmodern approach that helps counsees discuss current problems (here and now) to achieve life goals in the future.<sup>30</sup> One of the advantages of SFBC is a solution-focused question technique to determine goals and solutions to problems faced by group members.<sup>31</sup> Questions that focus on objectives, exception questions, and scaling questions are competencies that group leaders must possess to explore and create solutions to problems in-group members. Group leaders can also apply the principle of operant reinforcement in the group counseling process to achieve goals.

In the implementation of SFBC, counsees choose the goal of completion they expect from a little attention in providing a diagnosis of past conversations or exploration of problems. SFBC is built on the optimistic assumption that every human being is healthy and competent and can construct solutions that can optimally improve his quality of life.<sup>32</sup>

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<sup>26</sup> Susetyo and Sudiantara, "Konsep Diri pada Pekerja Seks Komersial."

<sup>27</sup> To Siu-ming et al, "Sexual Compulsivity, Sexual Self-Concept, and Cognitive Outcomes of Sexual Behavior of Young Chinese Hong Kong Males with Compulsive Sexual Behavior: Implications for Intervention and Prevention," *Children and Youth Services Review* 104 (2019): 104400, <https://doi.org/10.1016/j.chidyouth.2019.104400>.

<sup>28</sup> Laelatul Arofah, Rosalia Dewi Nawantara, and Arinda Dwi Puspitasari, "Pengembangan Panduan Solution Focused Brief Counseling untuk Guru BK Sekolah Menengah Pertama Negeri (SMPN) 1 Kota Kediri," *Bikotetik (Bimbingan dan Konseling Teori dan Praktik)* 2, no. 1 (2018): 100-104, <https://doi.org/10.26740/bikotetikv2n1.p100-104>.

<sup>29</sup> Gerald Corey, *Theory and Practice of Counseling and Psychotherapy* (Belmont, CA: Brooks/Cole, 2009).

<sup>30</sup> Suciani Latif and Musfirah Musfirah, "Model Hipotetik: Pendekatan Solution-Focused Brief Counseling (SFBC) dalam Keluarga," *Indonesian Journal of Educational Counseling* 3, no. 1 (2019): 11-20, <https://doi.org/10.30653/001.201931.81>.

<sup>31</sup> F P Bannink, "Solution-Focused Brief Therapy," *Journal of Contemporary Psychotherapy* 37, no. 2 (2007): 87-94, <https://doi.org/10.1007/s10879-006-9040-y>.

<sup>32</sup> Gerald B. Sklare, *Brief Counseling That Works: A Solution-Focused Approach for School Counselors. Practical Skills for Counselors* (Thousand Oaks: Corwin Press, Inc., 1997).

The SFBC approach in helping client problems has advantages, including 1) the client can focus more on what he will do in dealing with the problem, 2) Solutions are highly adapted to the client's conditions so that they can be more targeted, 3) this approach can be combined with other approaches such as narrative and behavioral approaches.<sup>33</sup> Following this description, it can be seen that the implementation of counseling services with a Solution-focused Brief Counseling technique can be an effective effort to prevent sex workers from doing these prohibited acts so that they can be accepted in society and live an everyday life like society in general.

We searched databases such as Google Scholar, PubMed, Embase, Global Health, Scopus, PsycINFO, Sociological abstracts, Web of Science, and POPLine for revealed studies of women commercial sex workers is 3.400.000 articles. For revealed studies of counseling among women commercial sex workers are 397.000 articles. The behavioral characteristics of CSWs were low on sex role orientation and scored higher on sensation seeking.<sup>34</sup> It indicates that prostitution as an alternative to choosing an easy way to make money in a short time indicates the low self-concept of prostitutes.<sup>35</sup> Several studies discuss sexual violence in sex workers, but there has been no research that examines how to help improve the self-concept of sex workers.

The use of counseling models that are relevant to the problems and symptoms of psychological disorders is needed to support the implementation of adequate counseling services. SFBC is one of the counseling models recommended for implementing counseling services.<sup>36</sup> This counseling focuses

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<sup>33</sup> Sumarwiyah Sumarwiyah, Edris Zamroni, and Richma Hidayati, "Solution Focused Brief Counseling (SFBC): Alternatif Pendekatan dalam Konseling Keluarga," *Jurnal Konseling Gusjigang* 1, no. 2 (2015), <https://doi.org/10.24176/jkg.v1i2.409>.

<sup>34</sup> Xantidis and McCabe, "Personality Characteristics of Male Clients of Female Commercial Sex Workers in Australia."

<sup>35</sup> Allison et al., "Sex-Typed Product Images: The Effects of Sex, Sex Role Self-Concept and Measurement Implications."

<sup>36</sup> Ida Ayu Made Diah Naraswari et al., "Solution-Focused Brief Counseling in Educational Setting: A Systematic Literature Review," *Konselor* 10, no. 3 (2022): 86–91, <https://doi.org/10.24036/02021103120291-0-00>; J Corcoran and V Pillai, "A Review of the Research on Solution-Focused Therapy," *British Journal of Social Work* 39, no. 2 (2007): 234–42, <https://doi.org/10.1093/bjsw/bcm098>; Steve de Shazer et al., *More than Miracles: The State of the Art of Solution-Focused Brief Therapy* (New York: Haworth Press, 2007); Wallace J Gingerich and Sheri Eisengart, "Solution-Focused Brief Therapy: A Review of the Outcome Research," *Family Process* 39, no. 4 (2000): 477–98, <https://doi.org/10.1111/j.1545-5300.2000.39408.x>; Johnny S. Kim, "Examining the Effectiveness of Solution-Focused Brief Therapy: A Meta-Analysis," *Research on Social Work Practice* 18, no. 2 (2008): 107–16, <https://doi.org/10.1177/1049731507307807>.



on solutions, rejecting conventional approaches that provide a broad assumption that the best way to solve problems, in the SFBC technique is more focused on the problem.<sup>37</sup>

SFBC emphasizes the feelings of counseling in changing their behavior.<sup>38</sup> Through group counseling with the SFBC approach, it is hoped that sex workers will have the ability to solve their problems independently not only regarding how to think, but also handle therapy to improve self-concept.

From 1.460.000 research regarding commercial sex workers, there has not been any research discussing psychological condition, especially self-concept, by using intervention SFBC to help recover the psychological condition of commercial sex workers. The novelty of this study is to assist self-concept of commercial sex workers by implementing intervention SFBC, since there has not been any previous research providing intervention counseling SFBC. Previous studies discuss more interventions about religious guidance and skill's practice to get a job. From the review of the literature exposure above, this study aims to examine the effectiveness of the SFBC approach to improve the self-concept of women commercial sex workers with group counseling services.

## B. Method

This study uses quantitative methods with an experimental design. This study aims to determine whether SFBC can effectively improve the self-concept of women prostitutes. To achieve this goal, researchers used a pretest-posttest quasi-experimental research design. The sample of this study used purposive sampling, namely women prostitutes with low self-concept and were at the Andam Dewi rehabilitation center. This research instrument is used to measure

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<sup>37</sup> Jacqueline Corcoran, "A Comparison Group Study of Solution-Focused Therapy versus 'Treatment-as-Usual' for Behavior Problems in Children," *Journal of Social Service Research* 33, no. 1 (2006): 69–81, [https://doi.org/10.1300/J079v33n01\\_07](https://doi.org/10.1300/J079v33n01_07); Rabi'atul Adawiyah Haron, Abu Yazid Abu Bakar, and Kadek Suranata, "Application of Solution-Focused Brief Therapy (SFBT) to Help Clients with Anxiety Issues," *Bisma The Journal of Counseling* 4, no. 1 (2020): 16–20, <https://doi.org/10.23887/bisma.v4i1.24709>; Johnny S. Kim, Jody Brook, and Becci A. Akin, "Solution-Focused Brief Therapy With Substance-Using Individuals," *Research on Social Work Practice* 28, no. 4 (2018): 452–62, <https://doi.org/10.1177/1049731516650517>.

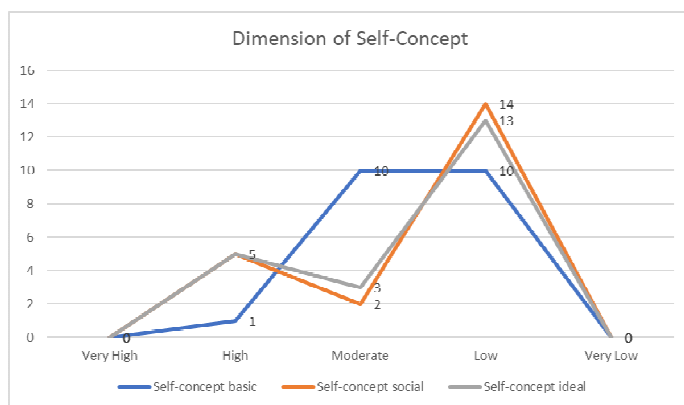
<sup>38</sup> Zadrrian Ardi et al., "The Analysis of Solution Focused Brief Counseling Contribution in Reducing First-Year Students Academic Stress Symptoms," in *Proceedings of the 2nd Progress in Social Science, Humanities and Education Research Symposium (PSSHERS 2020)*, vol. 563, 2021, 382–386, <https://doi.org/10.2991/assehr.k.210618.071>; E K Quick, *Doing What Works in Brief Therapy* (Amsterdam: Academic Press Inc., 2008), <https://doi.org/10.1016/B978-0-12-374175-2.X5001-9>.

the valid and reliable self-concept of women prostitutes. The instrument was developed based on aspects and indicators of Burn's (1979) self-concept.<sup>39</sup> After being modified, it was tested and obtained a reliability of 0.85 with a high category. This instrument was named the self-concept scale. The selection of material provided is based on the number of items scale in the statement in low categories. Based on the results of the need assessment, the make a point2 about your instrument topics needed by sex workers to improve self-concept through group counseling services are determined, namely: 1) Basic self-concept status of individuals physically and psychologically, 2) Build social self-concept to interact with family, others and society 3) Build self-concept to realize self-ability, 4) Build self-concept to obey the teachings of the religion adopted and 5) Build self-concept to realize hope in the future. Data were analyzed using the Wilcoxon test with the help of SPSS version 25. Wilcoxon test criteria can be said to be different if the sig value. >0,05.

### C. Result

Based on the results of self-concept data for CSWs women, it was carried out to find the initial description of the condition of self-concept seen in the aspects of basic self-concept, social self-concept, and ideal self-concept.<sup>40</sup>

Figure 1  
Dimension of Self-concept



<sup>39</sup> Burns and Dobson, "The Self-Concept."

<sup>40</sup> Burns and Dobson.

The following data are research data on the self-concept of CSWs as a whole, where the results of the study show that the overall self-concept of CSWs is in the low category.

The three aspects of self-concept include: 1) The basic self-concept is an individual's perception of his abilities, status, and role in the outside world. It is his concept of the person he thinks of as he really is; 2) This social self-concept is the real self that the individual believes is seen by others and evaluates it and evaluates it; 3) This ideal self-concept is the kinds of personality that the individual expects to be this kind of person and that kind of person.<sup>41</sup> See Figure 1.

Based on studies of self-concept theory, researchers tested aspects of basic self-concept that examine self-interpretation of abilities owned about oneself and others. The basic self-concept indicators are: 1) status and role and 2) ability itself.

Based on the problems often experienced by CSW women related to the basic self-concept, namely not being able to judge themselves, think instantly, disappointed due to the low self-concept of CSW women, causing CSW women to take the road to become prostitutes, feel dissatisfied, hate themselves for doing something not in accordance with expectations and feel unhappy because there are needs from these sex workers that have not been met. Furthermore, this basic self-concept can be improved through the individual's ability to understand and express positive self-concepts accurately, using positive self-concepts can facilitate CSW thinking in understanding self-concept.

The treatment was given in five meetings group counseling 5 sessions with a distance of each session for 3 days. The results of treatment with group counseling with the SFBC approach can be seen from the Table 1.

The result is describing that the basic self-concept of CSWs increases after being given treatment. Then the T-test value is 0c meaning that there are no sex workers who have the same value between the pretest and posttest. Furthermore, to see the significance value is described in the following Table 2.

The result that the Asymp value is obtained. Sig. (2-tailed) basic self-concept of women sex workers large 0.002. The significance value of 0.002 is smaller than the significance value of 0.05 ( $0.002 < 0.05$ ). This means that there

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<sup>41</sup> Burns and Dobson.

is a significant difference in the level of basic self-concept of pretest and posttest women sex workers. Solution Focused Brief Counseling is effective to improve the basic self-concept of sex workers.

Table 1  
Results of the Wilcoxon Signed Ranks Test Analysis of Differences in the Basic Self-Concept Levels of Woman CSWs at Pretest and Posttest

Ranks		N	Mean Ranking	Sum of Ranks
Post Test - Pre Test	Negative Ranks	0a	.00	.00
	Positive Ranks	12b	6.50	78.00
	ties	0c		
	Total	12		

a. Post Test < Pre Test

b. Post Test > Pre Test

c. Post Test = Pre Test

Table 2  
Test of Significance of Self-Concept Improvement of Women Prostitutes

Statistics test	Post Test - Pre Test
Z	-3,066b
<i>asympt. Sig. (2-tailed)</i>	,002

a. Wilcoxon Signed Ranks Test

b. Based on negative ranks.

## D. Discussion

This study shows the self-concept of commercial sex workers who are in the low category. Some aspects studied basic self-concept, social self-concept and ideal self-concept are in the low category. Woman commercial sex workers get a lot of insults and cuss from the community, because the community considers them socially unacceptable, and their presence is also rejected by the family.<sup>42</sup> CSW has a negative impact on the community and is socially rejected

<sup>42</sup> Cecilia Benoit et al., "Sex Work and Three Dimensions of Self-Esteem: Self-Worth, Authenticity and Self-Efficacy," *Culture, Health & Sexuality* 20, no. 1 (2018): 69-83, <https://doi.org/10.1080/13691058.2017.1328075>.

by the community.<sup>43</sup> CSW has the concept of themselves being bad people and harming many people including making the family name become polluted, so they are afraid to return to their families.<sup>44</sup> CSW have a bad self-concept because they always get rejection from various walks of life and even families for their presence, because it is considered a disgrace by the community and family, so they feel excluded and worthless because no one considers their existence.<sup>45</sup>

The results of the study by Rossler are known that the interviewed female sex workers showed a high level of mental disorders.<sup>46</sup> PSK has a very high psychological and infectious disease burden for that there needs to be a government policy in helping them from social discrimination.<sup>47,48</sup> Working as a prostitute is a shameful condition, so many women hide and entrust their work to many people and families. Women who offer themselves to male swingers are at risk of infection with an infectious disease in which they have unprotected sexual intercourse.<sup>49</sup> Sex workers are also very worried about their health and fear of contracting HIV/AIDS. So, it is very important that they are given interventions to be able to avoid sexually transmitted diseases. The results of this study are supported by Wolfram, that prostitutes have a lower

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<sup>43</sup> Ronald Weitzer, "Resistance to Sex Work Stigma," *Sexualities* 21, no. 5–6 (2018): 717–29, <https://doi.org/10.1177/1363460716684509>; Lynzi Armstrong, "Stigma, Decriminalisation, and Violence against Street-Based Sex Workers: Changing the Narrative," *Sexualities* 22, no. 7–8 (2019): 1288–1308, <https://doi.org/10.1177/1363460718780216>; Flora Cornish, "Challenging the Stigma of Sex Work in India: Material Context and Symbolic Change," *Journal of Community & Applied Social Psychology* 16, no. 6 (2006): 462–71, <https://doi.org/10.1002/casp.894>.

<sup>44</sup> Sayantan Ghosal et al., "Sex Workers, Stigma, and Self-Image: Evidence from Kolkata Brothels," *The Review of Economics and Statistics* 104, no. 3 (2022): 431–48, [https://doi.org/10.1162/rest\\_a\\_01013](https://doi.org/10.1162/rest_a_01013).

<sup>45</sup> Zuhri, "Konsep Diri pada Pekerja Seks Komersial di Warung Remang-Remang (Desa Kedung Banteng Kecamatan Sukorejo Kabupaten Ponorogo)."

<sup>46</sup> W Rössler et al., "The Mental Health of Female Sex Workers," *Acta Psychiatrica Scandinavica* 122, no. 2 (2010): 143–52, <https://doi.org/10.1111/j.1600-0447.2009.01533.x>.

<sup>47</sup> X. Castañeda et al., "Sex Masks: The Double Life of Female Commercial Sex Workers in Mexico City," *Culture, Medicine and Psychiatry* 20, no. 2 (1996): 229–47, <https://doi.org/10.1007/BF00115863>.

<sup>48</sup> Stefan Baral et al., "Burden of HIV among Female Sex Workers in Low-Income and Middle-Income Countries: A Systematic Review and Meta-Analysis," *The Lancet Infectious Diseases* 12, no. 7 (2012): 538–49, [https://doi.org/10.1016/S1473-3099\(12\)70066-X](https://doi.org/10.1016/S1473-3099(12)70066-X).

<sup>49</sup> Angela M. Robertson et al., "Can't Buy My Love: A Typology of Female Sex Workers' Commercial Relationships in the Mexico–U.S. Border Region," *The Journal of Sex Research* 51, no. 6 (2014): 711–20, <https://doi.org/10.1080/00224499.2012.757283>.

self-concept than most people.<sup>50</sup> Previous research by Turcotte with findings shows that women are well aware of the impact of sex work as a result they have a bad stigma and stuck with pimping behavior. With these conditions, it has an impact on negative self-concept so that prostitutes in interacting in society use social masks because their work violates rules and norms.<sup>51</sup> CSW said We were never really happy from this job, but there was no option to earn money.<sup>52</sup>

In line with Nikmah's research, there are not many similarities in self-concept in each individual, including prostitutes. Sometimes individuals have a poor self-concept because they are dissatisfied with their physical condition and have psychological deficiencies. While individuals who have a positive self-concept there is no gap in attitude and physical condition. Individuals who have a poor self-concept due to dissatisfaction with their physical condition and make the situation and condition as a benchmark for the ideal situation.<sup>53</sup>

Another finding from the Pratama study that examined CSW in Serang city found that the self-concept of a commercial sex worker was shaped by the community. Their self-concept is formed from the views of the community that gives a negative symbol on the image of prostitutes. The similarity in this study is to measure the self-concept of prostitutes from the stigma given by the community.<sup>54</sup> Relevant research from Istiyanto which found there were 140 people involved in prostitution and measuring self-concept with interviews and structured observations, it was found that CSW women in the Baturaden tourist

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<sup>50</sup> Hans-Joachim Wolfram, Gisela Mohr, and Jenni Borchert, "Gender Role Self-Concept, Gender-Role Conflict, and Well-being in Male Primary School Teachers," *Sex Roles* 60, no. 1-2 (2009): 114-27, <https://doi.org/10.1007/s11199-008-9493-4>.

<sup>51</sup> Mathilde Turcotte and Nadine Lanctôt, "Managing the Toll of Sex Work with Bounded Agency: Perspectives of Ex-Sex Workers," *The Canadian Journal of Human Sexuality* 30, no. 3 (2021): 296-305, <https://doi.org/10.3138/cjhs.2020-0030>; Arryane Trinissa Wahyudi, "Konsep Diri Wanita Tuna Susila di Saritem Kota Bandung" [Undergraduate thesis]. Universitas Pasundan Bandung 2018.

<sup>52</sup> Petra Mahy, "Sex Work and Livelihoods: Beyond the 'Negative Impacts on Women' in Indonesian Mining," in *Gendering the Field. Towards Sustainable Livelihoods for Mining Communities*, vol. 6 (ANU Press, 2011), 49-65, <https://doi.org/10.22459/GF.03.2011.04>.

<sup>53</sup> Fatchun Nikmah, "Konsep Diri Anak Pekerja Seks Komersial Yang Tinggal di Tengah Masyarakat," *JPPP - Jurnal Penelitian dan Pengukuran Psikologi* 1, no. 1 (2017): 78-84, <https://doi.org/10.21009/JPPP.011.11>.

<sup>54</sup> Alfahmy Pratama, Isti Nursih, and Uliviana Restu, "Konsep Diri Wanita Pekerja Seks Komersial (PSK) di Kota Serang" [Undergraduate thesis]. Universitas Sultan Ageng Tirtayasa, 2013.

site of Banyumas Regency had a negative self-concept. The negative Stigma of society also does not make leaving her job as a prostitute.<sup>55</sup>

Despite this, improvement of self-concept in CSW should be done so that the use of counseling models that are relevant to the problems and symptoms of psychological disorders is needed to support the implementation of effective counseling services. Efforts to improve self-concept are still relatively low, so intervention with SFBC counseling services is a solution that can be applied to prostitutes in Indonesia. Counseling approach postmodern SFBT is a new paradigm that effectively helps sexual problems in society.<sup>56</sup> Researchers examined the group counseling services conducted in groups to function in enriching the Cognitive Realm so that it affects the affective and psychomotor realm as one of the efforts that can be done to improve self-concept. This group counseling service is effective if implemented with a SFBC approach. The self-concept therefore influences cognitive elements that can change the perspective of the prostitute and be able to get out of this job and be able to live the day with a better life.

Data test results using Wilcoxon Signed Ranks Test with results that self-concept of women sex workers large 0.002. The significance value of 0.002 is smaller than the significance value of 0.05 ( $0.002 < 0.05$ ). This means that there is a significant difference in the level of basic self-concept of pretest and posttest women sex workers. Solution Focused Brief Counseling is effective to improve the basic self-concept of sex workers.

The counsellor believes the counsellor is competent and the counsellor's task aims to help the counsellor recognize their competence. The essence of this counseling involves the counselee in building hope and optimism by making positive expectations in making changes. Solution Focused Brief Counseling is a non-pathological approach that emphasizes competence over deficiency, and strength over weakness .

In addition, the solution-focused brief counseling approach makes CSWs more interested in finding out the problems they are experiencing, in order to

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<sup>55</sup> S. Bektı Istıyanto, "Menguak Konsep Diri Perempuan Pelacur di Lokasi Pariwisata Baturaden, Kabupaten Banyumas," 2019.

<sup>56</sup> Terry S Trepper et al., "Solution-Focused Brief Therapy for the Treatment of Sexual Disorders," *Journal of Family Psychotherapy* 21, no. 1 (2010): 34–53, <https://doi.org/10.1080/08975350902970360>.

be able to develop their skills. This SFBC approach requires CSWs to be more active compared to counselors who only function as facilitators, the group counseling service process uses a SFBC approach. In contrast to group counseling services, in practice counseling is centered on the inmates of the rehabilitation center. Therefore, it is hoped that in the future the counselor will explore the SFBC approach so that in the implementation of group counseling services only for topics related to efforts to improve self-concept, but it is also necessary to try to apply it to other materials according to the needs and problems that occur in prostitutes in rehabilitation homes. For a more effective implementation of group counseling services using the SFBC approach, the counselor must provide a stimulus to sex workers to be active in following each step of the SFBC approach.

Interventions provided with SFBC conducted on prostitutes who are in rehabilitation centers address the problems such as; (1) Basic self-concept status of individuals physically and psychologically, (2) Build social self-concept to interact with family, others and society (3) Build self-concept to realize self-ability, (4) Build self-concept to obey the teachings of the religion adopted and (5) Build self-concept to realize hope in the future.

SFBT counseling intervention in this study can guide counselors or rehabilitation center employees to provide psychological assistance in recognizing and improving positive self-concept in prostitutes. The basis for the development of the concept of PSK itself is discussed in accordance with the experiences and negative thoughts that arise from the stigma of a bad society about their work.

## **E. Conclusion**

Based on the research results obtained, it was concluded that in general the self-concept of women sex workers can effectively be improved through group counseling services with a SFBC approach. Group counseling services with a SFBC approach provide an understanding of interpreting self-concept positively so that sex workers can leave prostitution and be accepted by society. Implementation of group counseling with a SFBC approach in this study can be used as a reference for counselors to overcome social problems, especially for ex-prostitutes to improve their self-concept positively.



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