

THE EFFECTIVENESS OF EXPRESSIVE WRITING THERAPY IN REDUCING STRESS LEVELS IN YOUNG ADULT WOMEN VICTIMS OF SEXUAL VIOLENCE IN DATING RELATIONSHIPS (DATING VIOLENCE) IN BANDUNG CITY

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ABSTRACT

In courtship or commonly referred to as KDP or (Dating Violence). After experiencing KDP, then you feel a physiological psychological awakening and behavior such as not feeling positive feelings, feeling hopeless, feeling worthless, excessive fear, anxiety, unable to concentrate, sensitive to small things, difficulty feeling calm, restless, etc. thus causing stress. This research was conducted on three subjects who experienced sexual violence in dating (Dating Violence). The subject cannot solve the problem within himself and cannot overcome the stress he is experiencing. So that the symptoms of stress appear, such as psychological, physiological and behavioral symptoms that appear. To overcome and help with this problem, researchers want to see how effective Expressive writing therapy (EWT) is to reduce the degree of stress in women who experience sexual violence in dating (Dating Violence). The measuring tool used is the Lovibond stress scale which consists of 42 statements which include three aspects, physiological aspects, psychological aspects and behavioral aspects. The research method used was experimental in the form of a one group pre test post test design. The results of the pre test-post test showed a decrease in the degree of stress by 46.40%. Thus the research hypothesis which reads "Expressive writing therapy (EWT) is said to be effective in reducing the degree of stress in early adult women who experience Dating Violence if the degree of stress during the post-test is smaller than the pre-test is proven.

KEYWORDS *Expressive writing therapy (EWT), Dating Violence, Stress*



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INTRODUCTION

Early adulthood is a time of transition from an egocentric outlook to an empathetic attitude. At this time, the determination of relationships plays a very important role (Triyani et al., 2020). Early adulthood is the period when a person begins to establish an intimate relationship with the opposite sex. In this case, the effort made to fulfill the developmental task is the exploration of romantic relationships by establishing a dating relationship. Entering early adulthood will have the task of determining a new pattern of life, assuming responsibility, and making new commitments. These changes will become the foundation of his life in the future (Kusumawardhani & Poerwandari, 2018).

Kyns (1989) adds that dating is a relationship between two people of the opposite sex and they have an emotional attachment, where this relationship is based on certain feelings in each other's hearts. According to Reiss, courtship is a relationship between a man and a woman characterized by intimacy (Afandi, 2017). According to Papalia, Olds & Feldman (2004), intimacy includes a sense of belonging, openness to reveal important information about oneself to others (self disclosure) being the main element of intimacy (Mukhlis et al., 2020). However, not a few because of a sense of attachment and emotional closeness cause unhealthy relationships such as sexual and verbal violence, as explained by Dayakisni (2009) saying that dating relationships do not always go well and harmoniously because it is caused by a problem that occurs then results in events that cause violence. (Smyth & Helm, 2003)

According to Komnas Perempuan's CATAHU 2022 data, during the 10-year period of recording cases of violence against women (2012-2021), 2021 was recorded as the year with the highest number of cases of violence, which increased 50% compared to 2020, totaling 338,496 cases. This figure is even higher than the pre-pandemic figure in 2019. Komnas Perempuan Commissioner Alimatul Qibtiyah said, "Komnas Perempuan's CATAHU 2022 data shows an 83% increase in GBV cases from 940 cases in 2020 to 1,721 cases in 2021, sexually by 60%. Meanwhile, according to data in the city of Bandung issued by the ministry of empowerment and protection of women and children, dating violence in 2022 in August 2022 reached 10 people who were victims of dating violence. The proportion of victims of dating violence has many forms, for example in research women are more victims of physical abuse and sexual abuse than men, while verbal and emotional abuse is more often experienced by men (Shanaz et al., 2017). The results of a survey conducted by KEMENPPA which was input from January 2022 to August 2022 showed 13,777 cases reported and as many as 2,118 occurred to men and 12,737 occurred to women. With an age group of 18-24 years as much as 13.1%, 25-44 as much as 30.8%. And as many as 13,821 cases were reported by the statistical agency in 2019 (Baikie & Wilhelm, 2005).

Described in the journal mindfulness training to reduce stress in victims of dating violence, there are the results of case study research conducted by Jesicca M (2007) regarding the psychological impact on early adulthood regarding victims of dating violence can cause stress on victims because they feel too much pressure. The psychological impact is reinforced by the results of research conducted by Safitri and Sama'i (2013), that dating violence in the form of psychological

violence, physical violence or sexual violence has a psychological impact on victims in the form of stress experienced by victims(Ardianto, 2022) .

Based on the explanation above, sexual violence during courtship has a huge impact both psychologically and physically. The occurrence of sexual violence felt by individuals puts so much pressure that it causes unbearable stress in individuals, and makes it difficult for individuals to express what they feel and think. So that stress symptoms are the first stage felt by individuals when experiencing dating violence before the onset of symptoms of depression, PTSD and so on. Therefore, the thing that must be addressed when individuals feel dating violence is the symptoms of stress they feel.

Quoted in the Halo.doc article about stress. The difference between ordinary stress and stress due to sexual violence is, if ordinary stress is almost all individuals must have felt or experienced stress in living their days, it could be due to family problems, finances, relationships with partners, children, work relationships with relationships, colleagues or superiors, and many more. However, not everyone has ever felt stress that is in a severe stage. Severe stress usually occurs when someone experiences things that they will never forget, such as sexual violence. The characteristics of severe stress that will be experienced are such as difficulty doing activities, disruption of social relationships, difficulty sleeping, decreased concentration, unclear fear, increased fatigue, unable to do simple work, increased feelings of fear.

It was found from the results of interviews from the two respondents who experienced sexual and verbal violence in dating expressed, that the occurrence of stress on themselves was due to the two respondents feeling a lot of pressure that arose from their partners, causing anger, sadness, disappointment, which was difficult to express and this added to the burden on the respondents. Respondents also stated that they had difficulty telling their friends and closest people, because they felt embarrassed and afraid of spreading their partner's shame, respondents also stated that there was no point in telling their closest environment because it would increase the burden on respondents because their environment always urged them to break up, and fear of bad views from the surrounding environment, and this did not make respondents feel relieved and reduce their stress, but would increase the burden on respondents, so both respondents decided to keep it alone, so that respondents always chose to keep quiet when there was a problem, and had difficulty opening up to their partners and expressing what they felt and thought when experiencing sexual & abuse. And the least effective stress coping that respondents do to reduce the stress they feel is just crying, and sleeping.

Based on research that has been conducted by several researchers, it shows the positive effects of using Expressive Writing Therapy on physical and mental health. Mc Guire, Greenberg and Gevirt revealed a decrease in the activation of the autonomic nervous system and cardiovascular system which showed a response as experienced by individuals in the relaxation process in subjects given writing therapy(Ardianto, 2022; Panggabean et al., 2020) . Mukhlis (2020) in his journal entitled the effect of Expressive Writing Therapy techniques on reducing the stress level of new students at the Al-Falah female boarding school, Margodadi, Tanggamus shows that based on the results of the analysis and discussion of the

research it can be concluded, that the difference in stress levels (dependent variable) before and after getting Expressive Writing Therapy obtained an average of 6.214(Hidayati et al., 2020; Marsidi, 2021) . The results of the statistical test of student stress levels have a significance value of $p = 0.001 < 0.05$, so that from these results it can be concluded that it is rejected and accepted. This means that it can be concluded that there is a decrease in stress levels after Expressive Writing Therapy is carried out on students at the Al-Falah Islamic Boarding School, Margodadi, Tanggamus. Similar research found by researchers Nevy kusuma Danarti, Angga sugiarto and Sunarko in his journal entitled The Effect of Expressive Writing Therapy on reducing depression, anxiety and stress in adolescents shows the known results of the intervention group stress score between the initial measurement and the final measurement has decreased. The control group stress score between the initial measurement and the final measurement also decreased, where in the initial measurement the average score was 19.83 and in the final measurement 10.83.

Previous research on dating violence used CBT therapy against sexual violence, in a study entitled "the effect of Cognitive behavioral therapy due to sexual violence" written by kiki kumalasari. The next study used mindfulness therapy, in a study entitled "mindfulness training to reduce stress for victims of dating violence" by nur aziz afiandi. Therefore, there are many ways that can be done to overcome stress problems, but one of them researchers chose with Expressive Writing Therapy which is a reflection of the deepest thoughts and feelings about unpleasant events. Because Expressive Writing Therapy is a cognitive therapy that facilitates individuals to change their cognition, regulate emotions for the better, become a means of catharsis, gain new energy, direct attention, relieve emotional pressure, and provide an opportunity to focus on their goals and behavior(Danarti, 2015) . So that researchers prefer to use Expressive Writing Therapy, because based on previous research using CBT and Mindfulness for victims of violence only reduces the stress felt, does not provide individuals with new skills for emotional catharsis.

Expressive Writing Therapy was first coined by Pennebaker in 1989. Expressive Writing Therapy is one of the interventions and can reduce the stress felt by individuals because they can successfully release their negative emotions in writing so that individuals can change attitudes, increase creativity, activate memory, improve performance and life satisfaction, and increase immunity to avoid psychosomatics.

It is explained from previous research entitled "self-expression through media regarding Expressive Writing and art therapy to reduce depression in cancer patients" by galuh kikiany which explains the weakness of Expressive Writing Therapy is that expressive writing therapy does not have a technique in retelling the contents of the writing that has been written by individuals, so it is likely that individuals cannot tell the whole and detailed in a writing(Ardhani & Nawangsih, 2020; Pennebaker, 2010) . So that from the shortcomings of expressive writing therapy, individuals are unable to understand or realize the conflicts experienced properly. Then in the results of a study entitled "the effectiveness of expressive writing therapy to reduce stress in patients with functional dyspepsia" by Robbani Aulia, the effectiveness of expressive writing therapy for 4 consecutive weeks, this

makes researchers interested in conducting therapy for 4 consecutive days in accordance with what Pennebaker explained in 1989 in his book entitled Expressive Writing Therapy words that heal which explains that the effectiveness of therapy is carried out for 4 consecutive days (Crawford & Henry, 2003; Safaruddin & Murdiana, 2020). In addition, researchers are interested in conducting this research because no one has conducted expressive writing therapy research to reduce stress in individual victims of dating sexual violence in early adulthood. And the psychological and physiological stress symptoms that researchers will measure using the Stress scale measuring instrument and will be reduced through Expressive Writing Therapy are such as difficulty calming down, always feeling upset, and having difficulty sleeping, a sense of anxiety, anxiety and fear, irritability, overreaction to situations and more sensitive, and so on. Physiological symptoms such as dry mouth, shortness of breath, frequent shaking, dizziness, etc. Based on the explanation above, so that researchers want to see the effectiveness of Expressive Writing Therapy, especially in reducing the degree of stress in individuals who experience sexual and verbal violence in dating in early adulthood and within 4 days. With the research title "The effectiveness of expressive writing therapy to reduce stress levels in early adult female victims of sexual violence in dating (Dating Violence)"

RESEARCH METHOD

Research Design

This study uses a one group pretest-posttest design, where this design is in accordance with the objectives of this study, namely to determine the effectiveness of Expressive writing therapy to reduce the degree of stress in individual victims of sexual violence in courtship (Dating Violence) in the city of Bandung. Measurements were carried out qualitatively using interviews, and quantitatively using a questionnaire measuring instrument.

In this study, researchers took an initial measurement of the condition of the degree of stress on the subject, then measured the subject again after attending a series of Expressive writing therapy intervention sessions.

Research Subject

Characteristics of Research subjects

The research participants had the following characteristics:

- a. Individuals belonging to early adulthood
Women who belong to early adulthood, aged 20-40 years (Papalia, Olds, and Feldman, 2007). As described by Santrock (2002), romantic relationships (dating) are one of the developmental tasks that must be undertaken by individuals at the young adult stage of development.
- b. Has experienced verbal and sexual dating violence and is in the surviving stage.
- c. Declared willing to participate in 4 intervention sessions for 4 consecutive days

Technique for Taking Research Subjects

In this study, researchers used non-random sampling as the method used. This method was chosen because the exact number of young adults with Dating Violence Stress is unknown and spread throughout Indonesia. The number of participants in this study ranged between two people. This number aims to compare the factors that influence the effectiveness of individualized intervention with Expressive Writing Therapy approach to both participants.

Data Analysis Techniques

In this study, there is one analysis technique used, namely quantitative analysis and qualitative (interviews) as supporting data. Questionnaires can be given to participants to find out personal information at the beginning of the session or to measure changes in behavior or symptoms at the end of the therapy session tested using SPSS.

RESULT AND DISCUSSION

Statistical Analysis

Subject 1 MU

	Tests of Normality					
	Kolmogorov-Smirnov ^a			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
Pre.Psychological.Aspects	.263	8	.109	.827	8	.056
Post.Psychological Aspects	.325	8	.013	.665	8	.001
Pre.Physiological.Aspects	.325	8	.013	.665	8	.001
Post.Physiological.aspects	.455	8	.000	.566	8	.000
Pre.Aspect.Behavior	.325	8	.013	.665	8	.001
Post.Aspect.Behavior	.391	8	.001	.641	8	.000

a. Lilliefors Significance Correction

The normality test table shows that there is only 1 aspect that is normally distributed, namely the Psychological Aspect because the probability value is greater than 0.05 ($p=0.056>0.05$). While other aspects are normally distributed because the probability value is smaller than 0.05 ($p<0.05$). Based on the results of testing the data, the statistical test uses non-parametric statistics with the Wilcoxon test.

Pre.Psychological Aspects, Post.Psychological Aspects Related-Samples Wilcoxon Signed Rank Test

Summary	
Total N	8
Test Statistic	3.500
Standard Error	5.534

Standardized Test Statistic	-1.897
Asymptotic Sig. (2-sided test)	.058

The results of statistical testing obtained a probability value of 0.058 which is greater than 0.05 ($p=0.058 > 0.05$) means that there is no significant difference between pre and post on psychological aspects.

**Post.Physiological Aspects, Pre.Physiological Aspects
Related-Samples Wilcoxon Signed Rank Test
Summary**

Total N	8
Test Statistic	36.000
Standard Error	6.819
Standardized Test Statistic	2.640
Asymptotic Sig. (2-sided test)	.008

The results of statistical testing obtained a probability value of 0.008 which is smaller than 0.05 ($p=0.008 < 0.05$) means that there is a significant difference between pre and post on physiological aspects.

**Pre.Aspect.Behavior, Post.Aspect.Behavior
Related-Samples Wilcoxon Signed Rank Test
Summary**

Total N	8
Test Statistic	.000
Standard Error	3.536
Standardized Test Statistic	-2.121
Asymptotic Sig. (2-sided test)	.034

The results of statistical testing obtained a probability value of 0.034 which is smaller than 0.05 ($p=0.034 < 0.05$) means that there is a significant difference between pre and post on behavioral aspects.

Subject 2 ST

	Tests of Normality					
	Kolmogorov-Smirnov ^a			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
Pre.Psychological.Aspects	.513	8	.000	.418	8	.000
Post.Psychological Aspects	.391	8	.001	.641	8	.000
Pre.Physiological.Aspects	.263	8	.109	.827	8	.056

Post.Physiological.aspects	.300	8	.033	.798	8	.027
Pre.Aspect.Behavior	.371	8	.002	.724	8	.004
Post.Aspect.Behavior	.305	8	.027	.860	8	.120

a. Lilliefors Significance Correction

The normality test table shows that there are only 2 aspects that are normally distributed, namely in the Pre.Physiological Aspects and Post Behavioral Aspects because the probability value is greater than 0.05 ($p=0.056 > 0.05$ and $0.120 > 0.05$). While other aspects are normally distributed because the probability value is smaller than 0.05 ($p < 0.05$). Based on the results of testing the data, the statistical test uses non-parametric statistics with the Wilcoxon test.

**Pre.Psychological Aspects, Post.Psychological Aspects
Related-Samples Wilcoxon Signed Rank Test**

Summary

Total N	8
Test Statistic	.000
Standard Error	6.964
Standardized Test Statistic	-2.585
Asymptotic Sig. (2-sided test)	.010

The results of statistical testing obtained a probability value of 0.010 which is smaller than 0.05 ($p=0.010 < 0.05$) means that there is a significant difference between pre and post on psychological aspects.

**Pre.Physiological Aspects, Post.Physiological Aspects
Related-Samples Wilcoxon Signed Rank Test**

Summary

Total N	8
Test Statistic	2.500
Standard Error	5.799
Standardized Test Statistic	-1.983
Asymptotic Sig. (2-sided test)	.047

The results of statistical testing obtained a probability value of 0.047 which is smaller than 0.05 ($p=0.0547 < 0.05$) means that there is a significant difference between pre and post on physiological aspects.

**Pre.Aspect.Behavior, Post.Aspect.Behavior
Related-Samples Wilcoxon Signed Rank Test**

Summary

Total N	8
Test Statistic	.000
Standard Error	3.623
Standardized Test Statistic	-2.070

Asymptotic Sig. (2-sided test)	.038
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The results of statistical testing obtained a probability value of 0.038 which is smaller than 0.05 ($p=0.038 < 0.05$) means that there is a significant difference between pre and post on behavioral aspects.

Discussion

Overall Subject Discussion

Stress is a condition when a person is under pressure or when something weighs on a person. Stress is the body's physical, emotional, and psychological response to any demands beyond the subject's own resources. Stress is associated with the "fight" or "flight" response, when faced with danger, the body will respond physiologically with the release of adrenaline and hydrocortisone (cortisol). Short-term, this reaction shuts down several biological mechanisms to conserve energy, which may be needed in fight or flight. Long-term activation of adrenaline and hydrocortisone can activate many negative physiological, psychological and behavioral effects, resulting in symptoms of stress in the individual.

Sexual violence in dating is one of the emotional events that is very imprinted on individuals, so that stress conditions will be vulnerable experienced by individuals who feel it. In this study, the three subjects were individuals who experienced sexual violence in dating. Problems that can trigger stress that they often face when it comes to emotional events that they experience that make it difficult for them to tell anyone, so they prefer to keep it alone.

The therapy used to help the three subjects is Expressive Writing Therapy. Expressive Writing Therapy is a therapy that uses writing activities as a means to reflect on the deepest thoughts and feelings towards unpleasant events. **Pennebaker** revealed that the translation of (bitter) experience into language will change the way people think about that experience.

The main strategy of Expressive Writing Therapy focuses on the catharsis process as an effort to transfer deep thoughts and feelings about events that cause one's emotions into the form of language through handwriting. The benefits of Expressive Writing Therapy have many positive impacts on psychological and physical well-being. Expressive Writing Therapy has a good effect on a person's psychological well-being such as reducing anxiety, improving mood, and reducing tension so that in the long run it has a good impact on the health of the body.

Through the Expressive Writing Therapy program, researchers want to help individuals, especially those who experience sexual violence in dating, who are in a state of stress in order to reduce their stress. The technique used in this therapy is divided into four stages, namely: Recognition, examination, feedback and application to the self stage (Safaruddin & Murdiana, 2020).

Each stage carried out has its own purpose. Recognition aims to focus the mind and evaluate the subject's mood condition. This stage is the first stage which lasts for approximately 6 minutes after the instruction is given. Examination is the stage where the writing process is carried out, this stage aims to explore the client's reaction to a certain situation. The disclosure process occurs at this stage. Feedback aims to gain a new deeper understanding of the subject's self, at this stage exploring

how the subject feels when completing his writing. Application to the self is the stage where the subject is encouraged to apply his new knowledge to his life. Next will be discussed in more depth about the effects of Expressive Writing Therapy on each subject.

Discussion Subject 1 MU

The results showed a decrease in the degree of stress in Subject MU. Based on the research results. In the initial measurement, MU's stress level was in the Moderate category with a score of 58. Furthermore, after the subject finished attending therapy, there was a 43% decrease in stress level. So that MU's stress score becomes 33. The value of 33 is in the mild category. In the initial measurement of MU's psychological aspects, MU was at a score of 18 which was in the moderate category and decreased to a score of 11 in the mild category. In the measurement of MU physiological aspects, MU was at a score of 20 in the very severe category which was in the moderate category and decreased to a score of 10 in the moderate category. In the initial measurement of the behavioral aspect, MU was at a score of 21 which was in the moderate category, and decreased to a score of 12 which was in the normal category.

A significant decrease was seen in the physiological aspect, the degree of stress in the physiological aspect decreased by 86%. A high decrease in this aspect is in the indicator of frequent shaking, often feeling panic. The score that decreased quite high was also in the psychological aspect in the indicator of difficulty taking initiative. The score that decreased quite high was also found in the behavioral aspect, namely in the indicators of difficulty relaxing, wasted energy, tension and anxiety.

The provision of Expressive Writing Therapy was able to reduce the degree of stress in MU due to the material contained in the Expressive Writing Therapy in session one to session four writing (Crawford & Henry, 2003). Emotional writing material helps the subject to be able to express emotional and even traumatic events that the subject has never expressed before. But this writing facilitates the subject in expressing his anger towards people that the subject cannot express because of his fear.

The initial stage of Expressive writing therapy, namely the recognition stage, begins with forming a working alliance relationship between the therapist and the subject to build mutual trust during the therapy process. (Rohmah & Pratikto, 2019). The subject is then given breathing relaxation for approximately one minute, so that the subject's condition becomes more comfortable. MU takes approximately 1 minute 30 seconds to focus his mind and calm his thoughts and feelings before writing down the events he will write about.

At the examination stage the subject began to express what was in his mind. During his writing, MU displayed many emotional expressions such as sad, angry and crying faces. When he finished writing MU revealed that he felt much calmer and more relieved than before. So that the disclosure process in this writing stage can be passed well.

At the feedback stage, the subject gained some insight into his life, he managed to tell the problems he had long suppressed in detail into a writing. He

also became aware of what he should do in the future. Thus at this stage the subject can find a new understanding of himself.

At the last stage, namely the application to the self stage, the subject has a plan to start changing his life by being more careful in choosing a partner, the subject will focus more on himself such as doing hobbies he likes, focusing more on work and family. After writing the subject came to believe that he had the strength to deal with the pressures in his life.

Discussion of Subject 2 ST

The results showed a decrease in the degree of stress in the ST subject. Based on the results of the study, in the initial measurement of ST's stress level was in the moderate category with a score of 57. Furthermore, after the subject finished attending therapy, there was a decrease in stress level by 64% so that the stress score owned by ST became 20 which was in the normal category. In the initial measurement of ST's psychological aspects were at a score of 20 which was in the moderate category, and then there was a decrease to 10 which was in the mild category.

In the measurement of the physiological aspects of MU, it is at a score of 14 in the category that is in the moderate category and has decreased to a score of 5 in the normal category. In the initial measurement of the behavioral aspect, MU was at a score of 13 which was in the normal category, and decreased to a score of 8, but was still in the normal category.

A significant decrease was seen in the psychological aspect, the degree of stress in the psychological aspect decreased by 50%. A high decrease in this aspect was in the indicators of no positive feelings, unable to develop, having no hope, sad moody and depressed, no interest in anything, worthless person, useless and meaningless life. The score that decreased quite high was also in the physiological aspect in the indicator of often feeling scared. The score that decreased quite high was also found in the behavioral aspect, namely in the indicators of annoyance at small things, overreaction, tension, and anxiety.

The provision of Expressive Writing Therapy was able to reduce the degree of stress in ST due to the material contained in the Expressive Writing Therapy in session one to session four writing (Sumartiningsih & Prasetyo, 2019). Emotional writing material helps the subject to be able to express emotional and even traumatic events that the subject has never expressed before. This writing therapy facilitates the subject in expressing his anger, annoyance and sadness towards people that the subject cannot express because of his fear and anxiety (Hasanah & Dinni, 2020).

The initial stage of Expressive writing therapy, namely the recognition stage, begins with forming a working alliance relationship between the therapist and the subject to build mutual trust during the therapy process. The subject is then given breathing relaxation for approximately one minute, so that the subject's condition becomes more comfortable (Devi, 2013). ST takes approximately 2 minutes to focus his mind and calm his thoughts and feelings before writing down the events he will write about.

At the examination stage the subject began to express what was in his mind. During his writing, ST displayed many emotional expressions such as sad, angry,

crying and upset. When he finished writing, ST revealed that he felt much calmer and more relieved than before meeting with the therapist and telling and writing about the incident. So that the disclosure process in this writing stage can be passed well.

At the feedback stage, the subject gained some insight into his life, he managed to tell the problems he had long suppressed in detail into a writing. He also became aware of what he had to do in the future. the subject gained insight into himself, where the subject felt that he was valuable, not as the subject had imagined before. Thus at this stage the subject can find a new understanding of himself.

At the last stage, namely the application to the self stage, the subject has good thoughts about past events and his future. In the future the subject will be even better at taking care of himself, the subject has also been able to distinguish between lust and love. Starting from now on, the subject will love himself more and accept his shortcomings and develop his shortcomings for the better. The subject will also focus on the little things that he will go through day by day. The subject will also get used to writing down his emotional experiences in a writing because the subject feels that he has experienced good changes in terms of emotions and thoughts after writing. After writing the subject came to believe that he had the strength to face the pressure in his life, many people loved him.

Discussion of Subject 3 DD

The results showed a decrease in the degree of stress in subject DD. Based on the results of the study, in the initial measurement of DD's stress level was in the moderate category with a score of 47. Furthermore, after the subject finished attending therapy, there was a decrease in the degree of stress by 27% so that the stress score owned by DD became 34 which was in the mild category. In the initial measurement of DD's psychological aspects, the score was 20 which was in the moderate category, and then there was a decrease to 11 which was in the mild category.

In the measurement of physiological aspects, DD was at a score of 20 in the category that was in the very severe category and decreased to a score of 12 in the moderate category. In the initial measurement of behavioral aspects, DD was at a score of 16 which was in the severe category, and decreased to a score of 11, but was still in the moderate category.

A significant decrease was seen in the physiological aspect, the degree of stress in the physiological aspect decreased by 66%. A high decrease in this aspect is in the indicator of sweating without cause. While in the psychological and behavioral aspects there was no high decrease.

The provision of Expressive Writing Therapy was able to reduce the degree of stress in DD because the material contained in the Expressive Writing Therapy in session one to session four wrote (La Marca et al., 2019). Emotional writing material helps the subject to be able to express emotional and even traumatic events that the subject has never expressed before. This writing therapy facilitates the subject in expressing his anger, annoyance and sadness towards people that the subject cannot express because of his fear.

The initial stage of Expressive writing therapy, namely the recognition stage, begins with forming a working alliance relationship between the therapist and the subject to build mutual trust during the therapy process.(Indah, 2012) . The subject is then given breathing relaxation for approximately one minute, so that the subject's condition becomes more comfortable. DD takes approximately 1 minute 15 seconds to focus her mind and calm her thoughts and feelings before writing down the events she will write about .(Lowe, 2006)

At the examination stage the subject began to express what was in his mind. During her writing, DD displayed many emotional expressions such as sad, angry, crying and upset. When she finished writing, DD revealed that she felt a little calmer and more relieved than before before writing the incident. So that the disclosure process in this writing stage can be passed well.

At the feedback stage, the subject gained some insight into his life, he managed to tell the problems he had long suppressed in detail into a writing. He also became aware of what he had to do in the future. the subject gained insight into himself, where the subject felt that he was valuable, not as the subject had imagined before. Thus at this stage the subject can find a new understanding of himself.

At the last stage, namely the application to the self stage, the subject has good thoughts about past and future events. In the future the subject will be more careful in choosing a partner. Starting from now on, the subject will also open his heart more to the men who approach him and will not think too much negatively about the men who approach him. After writing the subject came to believe that she has the strength to deal with the pressures in her life, many people love her, and already have the thought that not all men are like her former lover.

CONCLUSION

The results showed that the provision of *Expressive Writing Therapy* is effective in reducing stress levels in early adult women who experience sexual violence in *dating (Dating Violence)*. This conclusion is reinforced by the results of the *pre-test* and *post-test* comparisons on the research subjects which show a decrease in the stress level score before and after the provision of *Expressive Writing Therapy*. As well as a decrease in stress symptoms felt by individuals.

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