

## Relationship Between Emotional Regulation and Resilience in Survivors of Sexual Violence in East Java

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### Abstract

This research aims to determine the relationship between emotional regulation and resilience in survivors of sexual violence in East Java. This research uses a quantitative method with the criteria being that respondents are survivors of sexual violence, whether male or female, aged 18–25 years, domiciled in East Java, have experienced sexual violence, and have not currently experienced such an incident. The measuring instrument used in this research consists of an adapted results scale. Emotion regulation was measured using The Difficulty in Emotion Regulation Scale (DERS) from Gratz and Roemer (2004) with 33 items, and the resilience variable was measured using the resilience scale by Reivich and Shatté (2002) with 52 items with 103 respondents. The study findings indicate a significant and positive correlation (with a coefficient of 0.404) between emotional regulation and resilience in individuals who have survived sexual violence. In simpler terms, as emotional regulation improves, resilience also increases; conversely, if emotional regulation decreases, so does resilience.

### Abstrak

Penelitian ini bertujuan untuk mengetahui hubungan regulasi emosi dengan resiliensi pada penyintas kekerasan seksual di Jawa Timur. Penelitian ini menggunakan metode kuantitatif dengan kriteria responden adalah penyintas kekerasan seksual, baik laki-laki maupun perempuan, berusia 18–25 tahun, berdomisili di Jawa Timur, pernah mengalami kekerasan seksual, dan saat ini sudah tidak mengalami kejadian tersebut. Alat ukur yang digunakan dalam penelitian ini terdiri dari skala hasil yang disesuaikan. Regulasi emosi diukur menggunakan The Difficulty in Emotion Regulation Scale (DERS) dari Gratz and Roemer (2004) sebanyak 33 item, dan variabel resiliensi diukur menggunakan skala resiliensi dari Reivich and Shatté (2002) sebanyak 52 item dengan 103 responden. Temuan penelitian menunjukkan adanya korelasi yang signifikan dan positif (dengan koefisien 0,404) antara regulasi emosi dan ketahanan pada individu yang pernah mengalami kekerasan seksual. Sederhananya, seiring dengan meningkatnya regulasi emosi, ketahanan juga meningkat; sebaliknya jika regulasi emosi menurun maka resiliensi juga menurun.



## INTRODUCTION

Indonesia is one of the countries that records an increase in cases related to sexual violence every year. According to this data, survivors of sexual violence include adults, teenagers, and children. Sexual violence that occurs is an iceberg phenomenon, essentially the phenomenon of occurrences of sexual violence that occur and are reported to be lower than cases that occur in the field. Referring to Andy Yentriyani, Chair of the National Commission on Violence Against Women (Indonesian: *Komisi Nasional Anti Kekerasan terhadap Perempuan* or Komnas Perempuan), as reported in Suherli (2021), this can occur because survivors who do not want to report experience feelings of embarrassment, fear of the stigma they will face, a victim-blaming mentality, and concern over the spread of personal identity and information related to the incident.

Sexual violence encompasses a spectrum of actions that degrade, insult, assault, or engage in other activities linked to coercive sexual desires associated with reproductive functions, rendering an individual incapable of providing informed consent for sexual engagement (Komnas Perempuan, 2020). As articulated by Hanifah (2018), sexual violence represents an individual's conduct involving verbal and behavioral manipulation to engage others in unwelcome sexual activities.

Moreover, it is essential to highlight critical aspects of sexual violence, specifically focusing on coercion in the absence of consent and the participation of survivors unable to provide consent. Sexual violence encompasses a spectrum of actions aimed at coercing or manipulating individuals into engaging in sexual activities without their consent, irrespective of their relationship with the perpetrator.

The 2021 annual report by the Komnas Perempuan unveils a concerning trend in Indonesia. In 2020, the country reported 299,911 cases of sexual violence, a number that surged to 338,496 in 2021, indicating a significant in-

crease. An in-depth examination of East Java, a province in Indonesia, reveals a notable uptick in community-based sexual violence cases. In 2020, 687 such cases were reported, marking a 33% increase. In 2021, the island of Java, particularly East Java, saw the highest number of cases, totaling 54,507.

Based on the results of the 2016 Sexual Violence Survey in Indonesia (Indonesian: (*Hasil Survey Kekerasan Seksual di Indonesia*, 2016), a comprehensive description emerged. Among the victims, 58% reported experiencing verbal harassment, while 25% endured physical harassment, encompassing unwelcome touching, fondling, groping, hugging, and kissing. Additionally, 21% of victims were subjected to coercion that involved viewing explicit content, being forced to observe someone's genitals, or engaging in sexual activities against their will, and 6% of victims tragically endured rape.

In 2021, sexual violence against women can be classified into various categories. The most prevalent category of violence against women was in intimate, private settings, with sexual violence being the most prominent (1149 cases). Violence by former partners followed this (813 cases), violence against wives (771 cases), dating violence (463 cases), general sexual assault (597 cases), marital rape (591 cases), incest cases (433 cases), and online gender-based violence (875 cases). The latter category involves acts such as threats and intimidation, which are aimed at sharing a victim's personal photos, videos, or explicit content to seek revenge, commonly referred to as *revenge porn* (Komnas Perempuan, 2022).

In the 2016–2017 National Intimate Partner and Sexual Violence Survey (Basile et al., 2022), findings indicated that individuals who experienced sexual violence were most commonly found among those aged 18–24 years (38.8%) and adults aged 25 and above (18.8%). Another revealing survey, jointly conducted by Lentera Sintas Indonesia, Magdalene.co, and

Change.org Indonesia on July 21, 2016, involved 25,213 respondents (Asmarani, 2016). The results showed that sexual violence cases affecting women accounted for 46.7% (12,812 cases), while 28.6% (12,389 cases) involved men. Notably, 83% of the reported cases (12 cases) affected transgender individuals.

Individuals who have experienced sexual violence are often called survivors, a term derived from the word “survive”, signifying resilience and endurance. This word conveys the idea of persevering and triumphing over adversity (Huang & Palar, 2013). A person is typically labeled a victim when they find themselves ensnared in an ongoing cycle of violence, with a sense of hopelessness and an inability to move forward. In contrast, survivors navigate these traumatic experiences (commonly called survivors of violence). The term “survivor” is associated with strength, resilience, and positive qualities, while “victim” carries connotations of vulnerability and adversity (Aldriana, 2022; Schwark & Bohner, 2019).

A survivor embodies resilience, empowerment, and strength, transcending the role of a passive victim. Typically, survivors have actively confronted the aftermath of the violence they have endured. They are determined to heal, report the incidents, and liberate themselves from distressing circumstances (Nurfaizah, 2019). Consequently, those who come forward as survivors of sexual violence, speaking out with courage and a commitment to their healing journey, have faced profound challenges.

Survivors of sexual violence may endure a range of adverse outcomes, encompassing the risk of contracting sexually transmitted infections (STIs) and experiencing unintended pregnancies (UP). Additionally, as highlighted by Kusumana (Izzaturrohman & Khaerani, 2018) the psychological aftermath can be profound, leading to enduring trauma, symptoms indicative of post-traumatic stress disorder (PTSD), and a repertoire of responses including avoidance, confusion, negotiation, and confrontation.

Putnam (Anggreiny & Sulistyarningsih, 2013) has noted the far-reaching impacts of sexual violence, which may encompass challenges in regulating emotions, thoughts of suicide, difficulties in managing anger, issues with trust, sexual trauma, somatic disorders, anxiety, a sense of helplessness, and pervasive feelings of sadness.

The resilience of survivors in the face of sexual violence is significantly impacted, hindering their ability to cope with and overcome such traumatic events. According to Septriani (Pariartha, 2021), individuals lacking resilience find it difficult to recover from their suffering, overcome challenges, and strengthen themselves to endure. On the other hand, resilient individuals demonstrate the capacity to rise above their circumstances and overcome adversity.

Hence, survivors must possess the capacity to rise above and heal from trauma or psychological strain, often called resilience. Resilience, according Reivich and Shatté (Hendriani, 2018), represents the ability of individuals to navigate challenges and harness their cognitive abilities to effectively address and evaluate problems and their implications in life.

Resilient individuals possess the remarkable capacity to rebound from difficult situations or events, demonstrating the ability to confront and triumph over them (Zonelia, 2019). In the context of survivors of sexual violence, resilience plays a vital role in their journey of healing and growth. As emphasized by Nugent et al. (Kusristanti et al., 2021), resilience is crucial for survivors to cope with the trauma they have experienced, helping them survive and enabling them to thrive and forge ahead on their path to recovery.

Reivich and Shatté (2002) identified seven fundamental aspects of resilience: (1) emotion regulation; (2) impulse control; (3) optimism; (4) causal analysis; (5) empathy; (6) self-efficacy; and (7) reaching out. Resilient individuals exhibit vital characteristics such as optimism, effective emotional regulation, and a proactive

attitude toward encountering life's experiences. Moreover, individuals with high levels of resilience can actively and strategically cultivate positive emotional states through humor, optimistic thinking, creativity, and also maintaining healthy relationships within their social environment, even amidst perceived pressures. Consequently, resilience plays a pivotal role in the lives of survivors of sexual violence, empowering them to develop resilience, adapt to their circumstances and challenges, and forge ahead on their path towards healing and growth.

According to Hendriani (2018), one's emotional regulation skills can shape the capacity to be resilient. Hence, possessing stable emotional regulation skills can significantly impact an individual's resilience journey. In line with this, the importance of employing emotional regulation techniques in daily life was emphasized by Gottman and DeClaire (Izzaturrohmah & Khaerani, 2018), as it can yield various benefits, including improved physical health, academic achievement, enhanced interpersonal relationships, and bolstered resilience.

Research conducted by Jackson and Watkin (Pusvitasari & Yuliasari, 2021) uncovered the significance of emotional regulation in effectively managing oneself under pressure and cultivating a positive and realistic perspective when envisioning the future. Similarly, Gratz and Roemer (2004) emphasized that emotional regulation involves acknowledging and recognizing one's emotions while also exerting control over impulsive urges. By focusing on altering emotional experiences, effective emotional regulation empowers individuals to govern their behavior and actions in a desired manner.

Gratz and Roemer (2004) identified several key aspects of emotional regulation, encompassing the following: (1) non-acceptance of emotional response; (2) difficulties engaging in goal-directed behavior; (3) lack of emotional awareness; (4) impulse control difficulties; (5) limited access to emotion regulation strategies; and (6)

lack of emotional clarity. Echoing the viewpoint of Reivich and Shatté (Hasnayanti, 2021), emotional regulation serves as a strategy for recognizing, managing thoughts, and controlling behavior in the face of both positive and negative emotions. By possessing these abilities, individuals can cultivate a sense of calmness and maintain focus amidst the pressures they encounter.

A study by Hasnayanti (2021) revealed a significant relationship between emotional regulation and resilience among healthcare workers. The findings highlighted that higher levels of emotional regulation were associated with enhanced resilience, and the reverse was also true. These findings corroborate the research conducted by Azara (2021), suggesting that an individual's proficiency in emotional regulation can impact their level of resilience.

This indicates that individuals with strong emotional regulation skills tend to exhibit higher levels of resilience. Conversely, a decline in emotional regulation can decrease one's ability to cope with adversity. Furthermore, a separate study conducted by Izzaturrohmah and Khaerani (2018) demonstrated the crucial role of emotional regulation training in enhancing resilience among survivors of sexual abuse.

Based on the explanations provided above, this study aims to investigate: (1) the description of emotional regulation among survivors of sexual violence; (2) the description of resilience among survivors of sexual violence; and (3) the relationship between emotional regulation and resilience among survivors of sexual violence in East Java.

## **METHODS**

This research uses a quantitative method with a correlational design to determine the relationship between emotion regulation (X) and resilience (Y) in sexual violence survivors in East Java. The population in this study were survivors of sexual violence, both male and female, aged 18–25 years, and domiciled in East Java. The sampling technique used is purposive sampling, which uses specific considerations following the

desired criteria to determine the number of samples to be studied (Sugiyono, 2018).

The criteria established for selecting samples are as follows: (1) survivors of sexual violence, both male and female; (2) aged 18-25; (3) residing in East Java; (4) having experienced sexual violence directly or indirectly and no longer experiencing such incidents; (5) having experienced various forms of sexual violence, including verbal, emotional, and physical forms such as catcalling, incest, groping, extortion, or threats involving the sharing of intimate photos/videos without consent, as well as attempted rape.

The criteria mentioned above have been specifically crafted for the focus of this study, which centers on individuals who have survived sexual violence. These criteria find their foundation in the elucidation put forth by Schwark and Bohner (2019), who categorize an individual as a survivor when they remain ensnared within the cycle of violence, lack of access to assistance, and face impediments in their journey toward personal recovery.

A questionnaire was employed for data collection, utilizing Google Forms as the platform. The questionnaire encompassed sections for obtaining informed consent, gathering demographic information, and utilizing research instruments. The link to the questionnaire was shared across diverse social media platforms. The data collection process spanned from March to April and garnered 103 respondents. SPSS 25 for Windows will be utilized to analyze the obtained results. The subsequent steps involve conducting descriptive analysis and assumption tests, including normality and linearity tests, as well as hypothesis testing in the form of correlational analysis. These analyses aim to unveil the relationships between variables.

In this study, the research instruments utilized were scales that underwent adaptation to the Indonesian language. The process of instrument adaptation consisted of the following stages: (1) consult with a lecturer regarding the

chosen scale for the study; (2) translating the scale into Indonesian, with the first translator serving as a language translator and the second translator possessing expertise in psychology; (3) requesting scale synthesis from the lecturer based on the translated version; (4) conducting backward translation and aligning it with the original language of the instrument; (5) requesting expert judgment from the lecturer; (6) performing a pilot test of the research instrument involving 40 subjects; (7) scoring the scale responses and conducting validity and reliability tests on the instrument; and (8) rearranging the scale as necessary.

The emotional regulation variable was measured using The Difficulties in Emotion Regulation Scale (DERS) developed by Gratz and Roemer (2004). This scale consists of 33 applicable items and demonstrated a reliability value of 0.896. The content validity test results, assessed using Aiken's V, ranged from 0.316 to 0.739. For the resilience variable, the Resilience Scale developed by Reivich and Shatté (2002) was utilized. This scale comprises 52 applicable items and exhibited a reliability value of 0.818. The content validity test results, evaluated using Aiken's V, ranged from 0.330 to 0.722.

## RESULTS

### Description of the Characteristics of Research Respondents

This research was conducted in East Java with 103 respondents who were survivors of sexual violence, consisting of women (87%) and men (16%). Most respondents were aged 21–23 years (65%), aged 18–20 years (21%), and aged 24–25 years (15%), while the majority of domiciles came from Malang (56%), Surabaya (24%), Sidoarjo (9%), and Jember (4%). Apart from that, the forms of violence that many survivors experience are: catcalling (40%), physical harassment (groping) (21%), verbal via chat (16%), rape (14%), and blackmailing (blackmail or threats to spread content private sexual) (9%). Furthermore, the period experienced by survivors after experiencing sexual violence is in the range of 1–

5 years (61%), less than six months (26%), and more than five years (13%).

**Descriptive Statistics**

Descriptive analysis in this research will provide an overview and description based on data obtained through measuring scales on the resilience and emotion regulation variables with the Difficulties in Emotion Regulation Scale (DERS).

**Resilience**

Table 1.

Categorization of Resilience Variable

Hypothetical Data					
	N	Min.	Max.	Mean	SD
Resilience	103	52	260	156	35
Empirical Data					
	N	Min.	Max.	Mean	SD
Resilience	103	88	214	145.4	28

Based on the results of the descriptive analysis in the table above, with a total of 103 respondents, the minimum score is 88, and the maximum score is 214, with a mean value of 145.4, while the standard deviation is 28. At the categorization stage, researchers used hypothetical data as a reference in determining the categorization of the resilience scale, with the following data.

Table 2.

Categorization of Resilience Variable

Categories	Criteria	Total	Percentage (%)
Very Low	≤ 104	11	10.7%
Low	104–139	36	35%
Moderate	139–173	42	40.8%
High	173–208	10	9.7%
Very High	≥ 208	4	3.9%

The table above shows that of the 103 survivors of sexual violence in East Java, 40.8% (42 people) had a moderate level of resilience, 35% (36 people) had low resilience, 10.7% (11 people) had very low resilience, 9.7% very low resilience (10 people) and very high resilience, namely 3.9% (4 people).

**Emotion Regulation**

The calculation results of the emotional regulation variable show the following results.

Table 3.

Descriptive Analysis Test Results

Hypothetical Data					
	N	Min.	Max.	Mean	SD
Emotion Regulation	103	33	165	99	22
Empirical Data					
	N	Min.	Max.	Mean	SD
Emotion Regulation	103	63	162	118.8	18

The data presented in Table 3 above shows that from 103 respondents, the minimum score is 63, and the maximum score is 162, with a mean value of 118.8, while the standard deviation is 18. At the categorization stage, researchers use hypothetical data as a reference in determining the categorization of the resilience scale with the following data.

Table 4.

Categorization of Emotion Regulation Variable

Categories	Criteria	Total	Percentage (%)
Very Low	≤ 66	2	1.9%
Low	66–88	1	1%
Moderate	88–110	28	27.2%
High	110–132	46	44.7%
Very High	≥ 132	26	25.2%

Table 4 above shows that of the 103 survivors of sexual violence in East Java, 44.7% (46 people) had levels of emotional regulation in the high category, 27.2% (28 people) with moderate emotional regulation, and 25.2% (26 people) with very high emotional regulation, very low emotional regulation, 2% (1.9 people), and survivors with a low level of regulation, namely 1% (1 person).

## Assumption Test

### Normality Test

The normality test carried out in this study using the Kolmogorov-Smirnov (Monte Carlo) formula produced the following results.

Table 5.  
Normality Test Results

Variable	Sig.	Conclusion
Emotion Regulation	0.557 (P) > 0.05	Normal
Resilience	0.352 (P) > 0.05	Normal

As indicated in Table 5, the normality test conducted through the Kolmogorov-Smirnov (Monte Carlo) test yielded noteworthy findings for each variable, with values surpassing the alpha threshold of 0.05. Thus, it is evident that both emotional regulation and resilience variables exhibit a normal distribution, confirming their adherence to this statistical assumption.

### Linearity Test

The research linearity test uses features in SPSS version 25. If the p-value deviation from linearity is more significant than 0.005, it indicates a linear relationship between the emotional regulation and the resilience variables.

Table 6.  
Linearity Test Results

Variables	Sig.	Conclusion
Emotion Regulation and Resilience	0.436 (p) > 0.05	Linear

Table 6 presents the statistical result, indicating a p-value of 0.436, which exceeds the significance threshold of 0.05. This outcome strongly supports the conclusion that a linear relationship exists between emotional regulation and resilience.

### Hypothesis Testing

Hypothesis testing is conducted by employing Pearson's product moment correlation test to ascertain the potential rejection or acceptance of the research hypothesis.

Table 7.  
Hypothesis Testing Results

Variable	Sig.	Pearson's correlation	Conclusion
Emotion Regulation (X)	0.000	0.404	Significant (correlated)
Resilience (Y)			

Table 7 displays the Pearson's product moment correlation analysis outcomes, revealing a correlation coefficient of 0.404 with a statistically significant p-value of 0.000 ( $< 0.05$ ). These findings point to a noteworthy correlation, signifying a positive association between emotional regulation and resilience among sexual violence survivors in East Java. In simpler terms, when emotional regulation is higher, so is resilience, whereas lower emotional regulation corresponds to lower resilience.

## DISCUSSION

### Description of the Resilience of Sexual Violence Survivors

Survivors of sexual violence in this study were in the moderate category, showing that survivors can survive and recover from stressful situations. The ability to adapt, bounce back, and survive under stressful circumstances or facing adversity and trauma is called resilience (Reivich & Shatté, 2002).

Grotbert (Azara, 2021) also shows that the resilience of individuals in the moderate category have sufficient ability to survive and adapt when facing challenges or after going through difficulties. Meanwhile, if survivors have low resilience, this can result in poor self-control and an inability to view the events they experience positively.

Furthermore, low resilience causes survivors to blame themselves regarding the events they face, resulting in a lack of empathy (Yulanda, 2017). Tugade and Frederickson (Fajrina, 2012) in their research stated that when individuals experience the same situation, individuals who are not resilient are less able to manage their bad

experiences better, while resilient individuals can overcome these events better.

Meanwhile, resilient individuals can solve problems, maintain positive feelings, develop self-esteem and self-concept optimally, and resume their lives after experiencing heavy pressure (Inayah, 2020). According to Desmita (Zakaria, 2014), individual resilience abilities can vary because they are influenced by personal experience and can be determined based on age level, level of development, individual intensity when facing unpleasant circumstances, and the support received to increase resilience.

Moreover, variations in individual resilience capacities can be attributed to each person's unique perspective regarding their abilities and how they evaluate the events they encounter in the aftermath of experiencing sexual violence. Consistent with findings by Yuniardi (2007), each individual shows different reactions and results when faced with the same circumstances. This diversity is shaped by their competencies, life experiences, and developmental challenges inherent to each life stage.

### **Overview of Emotion Regulation in Survivors of Sexual Violence**

The emotional regulation possessed by survivors of sexual violence in East Java is in the high category. This shows that survivors of sexual violence can control their emotions at certain times or situations. Reivich and Shatté (2002) stated that emotional regulation is the ability to remain calm under pressure.

Individuals with high emotional regulation can control their emotions, and when faced with a problem, the individual can easily solve the problem and recover or bounce back quickly (Manalu, 2021). In line with research conducted by Kliwon and Sarwanto (2019), individuals with high emotional regulation abilities tend to show positive emotions, while individuals with low emotional regulation tend to show negative emotions.

Survivors of sexual violence who have low emotional regulation will have difficulty dealing

with problems because they will focus more on their emotions, making it difficult to make decisions (Sukmaningpraja & Santhoso, 2018). In line with Widuri (2012), someone who experiences difficulty regulating emotions will have difficulty adapting, establishing, and maintaining relationships with others. This happens because individuals are trapped in their emotions and have difficulty making decisions when facing problems, and individuals are not open to new experiences.

Gender, changes in views, environment, and traumatic experiences can influence emotional regulation (Hendrikson, 2013). The age factor influences the development of individual emotional regulation because as people get older, individuals tend to be more able to regulate their emotions based on past experiences. Survivors of sexual violence in this study could control their emotions well because they had entered early adulthood, namely at 18–25 years old. Papalia and Feldman (Kogoya & Jannah, 2021) stated that in early adulthood, survivors can think using the frontal lobe, which can help survivors regulate emotions, make plans with reasoning, control impulses, and motivate.

Survivors' emotional regulation can vary depending on the individual because it is formed based on their experiences and strengthened by Gross and John (2003), who stated that an individual's experience and evaluation have an essential role in their ability to regulate emotions.

### **The Relationship between Emotion Regulation and Resilience in Survivors of Sexual Violence**

The research results show a significant relationship between emotional regulation and resilience. Meanwhile, the correlation test shows a positive relationship with the sufficient category for both research variables. It can be concluded that high emotional regulation in survivors will increase their resilience. Conversely, if the survivor's level of emotional regulation is low, then their resilience will also be low.



The results of this research align with research by Azara (2021) on single mothers who have multiple roles that there is a significant relationship between emotional regulation and resilience. This shows that emotional regulation plays a significant role in the individual's resilience process, and an individual's emotional regulation can influence their resilience level. In the research by Sukmaningpraja and Santhoso (2018) stated that emotional regulation plays a significant role in a person's resilience process. This shows that the emotional regulation abilities possessed by each individual can influence the level of resilience they have.

Troy and Mauss (Manalu, 2021) revealed that someone with a high level of emotional regulation tends to find it easier to be resilient when facing a problem, while individuals with low emotional regulation will find it more difficult to be resilient. In line with Priyanto (2023), individuals with high emotional regulation tend to be resilient to difficulties. Meanwhile, individuals unable to regulate their emotions will be more susceptible to stress, have difficulty adapting to pressure, and are less resilient.

Widuri (2012) found a positive and significant correlation between emotional regulation and resilience, which shows that the higher the emotional regulation, the higher the level of resilience, and vice versa. So, it can be concluded that the skills of sexual violence survivors in regulating emotions can increase their resilience. Emotional regulation possessed by survivors of sexual violence can help to change negative emotions into positive ones, which can help build individual resilience to stress or trauma.

As emphasized by Reivich & Shatté (2002), those possessing emotional regulation skills can effectively transform negative emotions stemming from adverse experiences into positive ones, ultimately achieving emotional equilibrium. Moreover, individuals displaying resilience demonstrate the capacity to manage their emotions in the face of challenges and adversity,

enabling them to sustain unwavering focus on their objectives.

## CONCLUSION

This study's findings reveal a correlation in the moderate and significant category with a positive relationship between emotional regulation and resilience in survivors of sexual violence in East Java. These results show that if survivors have high emotional regulation, their resilience will also be high. Conversely, emotional regulation will also be low if the survivor's resilience is low. This indicates that survivors of sexual violence in East Java can regulate their emotions and bounce back after experiencing bad events or experiences.

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