

Narasi Pemulihan Wanita Bali Pasca Kekerasan Seksual:

Sebuah Studi Etnografi tentang Makna Trauma dalam Bayang-Bayang

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ABSTRAK

Kekerasan seksual terhadap wanita di Bali tidak terlepas dari ketimpangan gender yang berakar pada sistem patriarki yang masih kuat dalam budaya setempat. Salah satu fenomena yang memperkuat ketimpangan ini adalah *sing beling sing nganten*, yang menormalisasi hubungan seksual pranikah sebagai bukti kesuburan sebelum pernikahan. Budaya ini dapat meningkatkan risiko kekerasan seksual serta memperburuk kondisi psikologis korban, seperti perasaan bersalah, rendah diri, dan kesulitan menjalin hubungan interpersonal. Penelitian ini bertujuan untuk memahami pengalaman psikologis wanita Bali pasca kekerasan seksual dengan mengkaji narasi korban dalam bingkai nilai-nilai budaya Bali, seperti sistem patrilineal (*purusa*), *menyama braya*, serta nilai ajaran agama Hindu seperti *Tat Twam Asi*, *Tri Hita Karana* dan *Karmaphala*. Penelitian ini dilakukan di Denpasar, Bali, yang merupakan wilayah perkotaan dengan pengaruh modernisasi yang kuat. Metode kualitatif dengan pendekatan etnografi naratif digunakan untuk menelusuri bagaimana budaya membentuk makna, persepsi diri, serta proses pemulihan yang dijalani korban. Partisipan penelitian terdiri atas lima wanita dewasa asal Bali yang belum menikah dan pernah mengalami kekerasan seksual sebelumnya. Selain itu, wawancara dengan tokoh masyarakat dan pemangku agama juga dilakukan guna menghadirkan perspektif budaya yang melengkapi hasil observasi partisipatif di Denpasar. Melalui analisis tematik, diperoleh empat tema yang menggambarkan bagaimana wanita Bali memaknai pengalaman psikologis pasca kekerasan seksual dalam konteks nilai-nilai budaya dan sosial di sekitarnya. Tema-tema tersebut meliputi: (1) pengalaman trauma psikologis dalam konteks budaya, (2) relasi sosial dan nilai budaya, (3) proses penerimaan diri dalam bingkai nilai budaya, serta (4) spiritualitas dan nilai budaya Bali. Hasil penelitian ini diharapkan dapat memberikan kontribusi terhadap pengembangan pendekatan pemulihan yang sensitif budaya serta memperluas pemahaman tentang kekerasan seksual dalam konteks budaya Bali.

Kata Kunci: *kekerasan seksual, wanita, Bali, budaya, pengalaman psikologis, etnografi naratif*

Healing Narratives of Balinese Women After Sexual Violence:

An Ethnographic Study of Trauma Meaning-Making in the Shadow of

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ABSTRACT

Sexual violence against women in Bali is deeply rooted in gender inequality sustained by the patriarchal values embedded in local culture. One cultural phenomenon that reinforces this inequality is *sing beling sing nganten*, which normalizes premarital sexual relations as a demonstration of fertility before marriage. This norm may increase the risk of sexual violence and exacerbate the psychological impact on survivors, including feelings of guilt, low self-esteem, and difficulties in forming interpersonal relationships. This study aims to explore the psychological experiences of Balinese women after sexual violence by analyzing their narratives within the framework of Balinese cultural values, such as the patrilineal system (*purusa*), the principle of *menyama braya*, and Hindu teachings including *Tat Twam Asi*, *Tri Hita Karana*, and *Karmaphala*. The research was conducted in Denpasar, Bali, an urban area with strong modernization influences. A qualitative method with a narrative ethnographic approach was used to explore how culture shapes meaning, self-perception, and the recovery process undergone of survivors. The research participants consisted of five adult Balinese women who were unmarried and had previously experienced sexual violence. In addition, interviews with community leaders and religious figures were also conducted to provide cultural perspectives that complemented the findings from participatory observation in Denpasar. Through thematic analysis, four themes were identified that illustrate how Balinese women make sense of their psychological experiences after sexual violence in the context of surrounding cultural and social values. These themes include: (1) psychological trauma within cultural contexts, (2) social relationships and cultural values, (3) self-acceptance processes within cultural frameworks, and (4) spirituality and Balinese cultural values. The results of this study are expected to contribute to the development of culturally sensitive recovery approaches and broaden understanding of sexual violence in the Balinese cultural context.

Keywords: *sexual violence, women, Bali, culture, psychological experiences, narrative ethnography*