

## A short film for the prevention of sexual harassment: The final product evaluation

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### Abstract

This study aims to determine the effectiveness of the short film "Gerak Bersama" in preventing sexual harassment in high school students. This research is a type of research and development focused on a certain stage, namely focusing on the seventh to the last stage which refers to the Borg & Gall procedure. The subjects in this study were 122 high school students in Sleman Regency. This research produced three short films entitled "Speak Up!", "Enabler?", and "Relasi (Kuasa)" as well as a media guidebook which was examined for the effectiveness of its use in students in cultivating an anti-sexual harassment attitude. The data collection method uses an attitude scale toward sexual harassment. The data analysis technique uses descriptive statistics and an experimental design with T-test and N-Gain analysis. The effectiveness test using the T-test resulted in an average pretest value of 121.72 and a posttest average value of 152.96 and sig. (2-tailed) is  $0.000 < 0.05$  which indicates if there is an average difference between the pretest and posttest. The N-Gain test result is 0.653 which is included in the medium category and the N-Gain value in percentage is 65% which is included in the quite effective category. The short film "Gerak Bersama" was deemed appropriate and effective in preventing sexual harassment of high school students.

**Keywords:** *prevention, short film, sexual harassment*



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### Introduction

The government has regulated child protection as a priority at the national level which is stipulated through Undang-Undang Nomor 35 Tahun 2014. However, education in Indonesia is tarnished due to cases of sexual harassment experienced by high school students. Sexual harassment is any action that has a sexual connotation and is carried out without the consent of another person or unilaterally (Dewi et al, 2020). Sexual demeaning behavior is behavior that is carried out because of sexual urges that harm the victim by harassing the victim who is being harassed. Sexual harassment is included in a form of sexual violence perpetrated against children

along with clitoral circumcision, extramarital affairs, and even committing sodomy against women (Yuwono, 2015).

Sexual harassment behavior in Yogyakarta is classified as diverse, apart from being due to the unequal relationship between the victim and the perpetrator, it also occurs among the victim's peers, even in dating relationships. According to the Yogyakarta Legal Aid Institute (LBH), sexual harassment in dating relationships occurs when the perpetrator threatens the victim, namely his girlfriend, to send naked photos to the victim. If this is not complied with, the perpetrator will abuse and rape the victim. Based on Komnas Perempuan's Annual Records (Catahu) in 2021, 1,309 cases of dating violence occurred as a contributor to the second highest number of violence after domestic violence (KDRT), which totaled 6,480 cases. The National Commission on Violence against Women noted that 1,731 cases of violence occurred in the public sphere, of which there were 982 cases of sexual violence, consisting of several behaviors of sexual violence. Forms of sexual harassment that occur include verbal, nonverbal, and physical harassment (Salamor et al, 2020).

Yogyakarta is a region that contributes to a high rate of sexual harassment. This is based on data from the Gender & Children Information System, the number of victims aged 18-21 years recorded in 2019 was 46 people and in 2020 there were 221 people. The numbers from 2019 to 2020 have experienced a very significant increase. According to the Minister of Education and Culture, sexual harassment is a part of sexual violence which is included in the three great sins of education along with bullying and intolerance. Sexual harassment behavior must be prevented because this is contrary to the protection of human rights and takes away the sense of security within the individual. Prevention of sexual harassment is one of the joint activities globally to uphold the right to life, to feel safe, and to be free from all forms of mental, physical, and even sexual oppression that is carried out arbitrarily by perpetrators against victims (Sulaeman et al, 2010). Three big sins in the world of education are the duty of counseling teachers to prevent sexual harassment behavior in high school.

The cause of sexual harassment is based on Freud's theory which states that all individuals desire lust to be fulfilled (Yuwono, 2015). However, the venting of human lust certainly cannot be done without considering the prevailing societal norms. As in the rule of law which regulates the age at which individuals can engage in sexual activity and religious norms governing sexual activity that can be carried out if the individual has a legal relationship in the eyes of religion. Lust that is in the individual will struggle to be released, then the lust that is owned by the individual must be vented in the form of an outlet in the form of positive diversion. This positive diversion can take the form of sports, work, and various other activities carried out to divert individual lust. Individuals who are unable or have very strong lust will follow their lust to perform sexual acts such as sexual harassment. Especially when someone enters adolescence, psychosocial changes occur in adolescents, where adolescents tend to want to have a relationship that is more than just friends (Batubara, 2016)

Women are vulnerable people who are victims of sexual harassment and are often considered to be the cause of sexual harassment because of the clothes they wear. The stigma attached that women who wear minimal and uncovered clothing are the source of sexual harassment behavior is wrong (Astuti et al, 2019). Sexual harassment behavior that occurs in schools is a serious concern, so schools must play an active role in realizing efforts so that students do not become victims of sexual harassment. Sexual harassment often occurs without the victim and perpetrator is aware of it, an example is catcalling, where the perpetrator sexually abuses the victim in verbal form (Dewi, 2017). Sexual harassment has three major impacts on victims, namely psychological damage, physical damage, and post-traumatic stress disorder (Wahyuni, 2016).

To overcome the problem of sexual harassment, guidance, and counseling teachers can provide services using short film media to foster anti-sexual harassment behavior in students. BK media can help students understand themselves, direct, and make decisions in solving problems because they provide stimulation to thoughts and feelings (Nursalim, 2013). and in-class

counseling. Then when it comes to providing material about sexual harassment, as many as 88% of students agree with the use of short film media that discusses the prevention of sexual harassment in schools. Providing guidance and counseling services in schools can stimulate students to be active and involved in the learning process (Zaini et al, 2020). The film is one of a variety of media that can create feelings of pleasure and achieve the teacher's desire to achieve an increase in good and expected behavior (Kartika et al, 2017). Providing short film media can provide positive changes in the behavior and attitudes of students. Film media has a strong relationship in providing an emotional influence on the audience, so that it can be used as learning material for students (Rengel et al, 2019). Therefore, researchers developed a short film medium for preventing sexual harassment among high school students.

## **Method**

The development of the short film media "Gerak Bersama" uses the research and development method. The research and development steps refer to Borg & Gall (1971) which consist of 10 stages, namely 1) collecting research data, 2) preparing plans, 3) developing product drafts, 4) small-scale field trials, 5) revision trial results, 6) large-scale trials, 7) product improvement based on trials, 8) field trials, 9) final product improvement, 10) dissemination and implementation. However, in this study, the researchers focused on the seventh to the last stage to see the effectiveness of the short film. To see the effectiveness of short films in preventing sexual harassment, researchers used a pre-test and post-test with a one-group design model.

The test subjects involved high school students in Sleman Regency to see the effectiveness of the media. Data collection techniques used media and material assessment scales and an anti-sexual harassment attitude scale. At the first meeting, the guidance and counseling teacher distributed an attitude scale against sexual harassment to be filled in by the subject. Then, at the second meeting, the guidance and counseling teacher showed the short film "Speak Up!" and discuss with the subject. At the third meeting, the guidance and counseling teacher showed the short film "Enabler?" and hold discussions about the contents of the film with the questions provided in the guidebook. At the fourth meeting, the guidance and counseling teacher showed a short film "Relasi (Kuasa)". At the fifth meeting, the guidance and counseling teacher distributed an attitude scale against sexual harassment to the subject.

## **Findings and Discussion**

Researchers have developed a short film media "Gerak Bersama" with a total of three continuous films. The three films have their contents, backgrounds, and objectives but are still in the same storyline. The short film "Gerak Bersama" has been assessed and declared feasible from the first stage to the sixth stage according to the Borg & Gall procedure. The short film was assessed by media and material experts to get input and revisions to make it perfect, then the short film was tested by guidance and counseling teachers to find out deficiencies and input from users. The short film "Gerak Bersama" and the guidebook whose effectiveness has been examined have now been declared feasible and can be continued at the effectiveness stage.

The aim of the short film "Gerak Bersama" is to foster an anti-sexual harassment attitude among students. By the Borg & Gall procedure, the seventh stage of this research was to produce three short films and a guidebook which are very appropriate to be used as guidance and counseling media for the prevention of sexual harassment in high school students. After the product was declared feasible for further research, the researcher continued the research to see the effectiveness of the short film media "Gerak Bersama" in preventing sexual harassment in high school students. The researcher used a validated anti-sexual harassment attitude scale instrument. The effectiveness test involves 122 students by distributing pre-test and post-test questionnaires with the one-group design model, students will be given a pre-test at the first meeting, then the second meeting until the fourth meeting will see three short films according to the plot written in the guidebook, and in

the fifth meeting, the students filled out the pre-test questionnaire. Following are the aims of the short film "Gerak Bersama":

**Tabel 1. The purpose of short films**

No.	Name	Duration	Goals
1.	"Speak Up!"	7.53'	The short film "Speak Up" aims to grow courage and not just be silent when you see sexual harassment and not be afraid to report sexual harassment. The film "Speak Up" takes the point of view of the victim to start the discussion and the audience can empathize with victims of sexual harassment.
2.	"Enabler?"	10.53'	The short film "Enabler?" aims so that the audience who saw the incident of sexual harassment (bystander effect) is not only silent and willing to help victims. The short film "Enabler?" take the point of view of a third person or someone who saw the incident of sexual harassment.
3.	"Relasi (Kuasa)"	10.07'	The short film "Relasi (Kuasa)" aims to find out things that can be the cause of sexual harassment and shows sanctions for perpetrators of sexual harassment so that students do not commit sexual harassment. The short film "Relasi (Kuasa)" which takes the perspective of the perpetrator becomes the closing of the series of media development for the short film "Gerak Bersama".

Based on the results of the T-test, the average value in the pre-test stage was 121.72, while the average value in the post-test stage was 152.96. This indicates that there is an increase after students watch the short film in their attitude towards sexual harassment. Then, the results of the N-Gain test have a score of 0.653, or a percentage of 65% which is in the quite effective category. Based on the results of the effectiveness test, the short film "Gerak Bersama" was declared appropriate and effective for preventing sexual harassment in high school students. Improvement of the final product based on the results of the effectiveness test there is no revision of the subject because short film media has effectiveness for preventing sexual harassment, so that short film media can be continued at the final stage, which is dissemination and implementation.

Dissemination and implementation are carried out through registration of the copyright for the short film "Gerak Bersama" as well as a guidebook. To create legal protection for the short film media "Gerak Bersama", the researchers submitted a short film media along with a guidebook on Hak Kekayaan Intelektual (HaKI). The three short films and media guidebooks have received Hak Kekayaan Intelektual (HaKI) certificates from the Direktur Jenderal Kekayaan Intelektual with the number EC00202271708 for the creation of the short film media "Gerak Bersama" and number EC00202271771 for the creation of the media guidebook. The media short film "Gerak Bersama" and the media manual are the property of the researcher along with the supervisor. The media short film "Gerak Bersama" has been disseminated in the International Seminar "Annual International Conference" held by Mercubuana University and published in international proceedings of Atlantis Press. Then, in the implementation stage, the researcher distributed the media guidebook "Gerak Bersama" which contained short film media to the guidance and counseling teachers who are members of the MGBK Sleman Regency while at the same time providing socialization regarding the use of the short film media "Gerak Bersama".

Short film media shown in guidance and counseling services can be used as modeling material, where students can find positive vicarious learning and negative vicarious learning. The modeling process can be done in two ways, namely the type of modeling with real (live) models and through symbolic (Tullah, 2020). The real model is the type of modeling that is observed

through individuals who are in the internal environment, namely family and friends. Modeling through symbolism is observed through the media, one of which is a short film. According to Morawski (2016), films can convey the symbolic messages contained in the scenes into reality, in other words, these symbols can represent ideas and messages that strengthen the film's story. The process of observation (modeling) can provide unexpected learning and provide benefits for students (Lesilolo, 2018). directing new behavior, so that it becomes a guide to act with an anti-sexual harassment attitude (Yeadon-Lee, 2018). The media short film "Gerak Bersama" is a medium that can assist guidance and counseling teachers in conveying material on preventing sexual harassment by cultivating an anti-sexual harassment attitude.

Strength in films is considered to be able to touch the feelings and moral aspects of the audience (Asri, 2020). In an educational context, short films are proven to have benefits not only in communicating the contents of the film but also in making the audience reflect on the meaning of each scene (Wallbaum, 2018). The short film developed can be used as a medium of communication in providing education for the prevention of sexual harassment. This is confirmed by the opinion of Dewandaru et al (2017), films can be well received from an aesthetic point of view and can convey messages well. Films offer a holistic picture because they present visuals and audio simultaneously which have an impact on the feelings of the audience. The film also has flexibility for learning for students of various ages (Didkovska, 2018). If the making of short film media on preventing sexual harassment both from an aesthetic point of view and the message conveyed can be received by students of various age ranges, then sexual harassment prevention can be carried out. Short films can trigger the senses possessed by humans and have an emotional effect on the audience (Rowlins, 2016).

Short films used as a source of modeling can influence three aspects of human psychology, namely cognitive, affective, and psychomotor (Setiawan et al, 2022). First, when students watch short films, the short films influence cognitive aspects. Second, in the affective aspect of students, short films will be immersed in the story of the film and feel the events in the short film. After watching the short film, students reflect on the meaning of the short film and explore the messages displayed in the short film. After being able to interpret and capture the messages conveyed through short films, it is hoped that students will be able to internalize the values contained in short films regarding the prevention of sexual harassment. Short films are considered to have a strong influence on the three psychological aspects of the audience so that the developed short films can internalize the values developed by researchers, namely the prevention of sexual harassment. In the modeling process, it provides unexpected lessons or is referred to as vicarious learning. Based on research, vicarious learning-based short film media has a significant impact on changing attitudes on subjects where films have the power to influence (Ledoux et al., 2018).

Behaviors that display positive vicarious learning in the three short films can be imitated by students, such as being a support system for victims of sexual harassment, helping to report victims of sexual harassment, and not being afraid to confront perpetrators of sexual harassment. Then, negative vicarious learning behavior is behavior that should not be imitated and only needs to be known as learning material as well as a reflection by students. Negative vicarious learning behaviors that appear in the three short films include committing sexual harassment, threatening others not to report incidents of sexual harassment, and giving money as a form of peace between the perpetrator and the victim. The three short films have different specific objectives because each short film is presented from a different point of view to provide high school students with a comprehensive understanding of the dynamics of sexual harassment. The three short films have an average duration of 10 minutes. The use of short films can provide new knowledge and lead to new behaviors so that it becomes a guide for acting in an anti-sexual harassment attitude.

The first short film tells the story of a victim of sexual harassment. The researcher wants to describe how the process of sexual harassment occurs, the effects of sexual harassment, and what to do when you become a victim of sexual harassment. This first short film will be used as an opening for a classical or group guidance session. The first short film is entitled "Speak Up!" so

that victims when they receive sexual harassment do not just remain silent, but dare to report incidents of sexual harassment. In addition, other people are invited to provide a safe space for victims of sexual harassment.

The second film tells the story from the third person's point of view, namely a friend who sees that his friend is a victim of sexual harassment. The researcher wants to make the audience reflect on incidents of sexual harassment and what to do when they see sexual harassment experienced by other people. Researchers want to provoke audience responses that are appropriate and non-judgmental as well as ways to provide psychological first aid to victims of sexual harassment. Because other people who see an incident of sexual harassment have an important role in the victim becoming a support system for the victim. The second film is entitled "Enabler?", the meaning of this title is a situation where when people who see or know about sexual harassment but are silent, this are called an enabler. The title was chosen by using a question mark to see the audience's response (bystander effect) while at the same time practicing critical thinking so that you don't just remain silent and don't become an enabler when you see sexual harassment behavior. This second film will be used as media in the second meeting in the screening of this short film series.

The third film looks from the point of view of the perpetrator, the researcher presents the reasons behind the perpetrator committing sexual harassment. The third film is entitled "Relasi (Kuasa)". This is to show that sexual harassment is caused by an unequal relationship between the perpetrator and the victim. This is often referred to as a power relationship. The appearance of the title at the beginning will only display the words "Relasi" because the researcher wants to show that the perpetrator has a very strong relationship with the school and even tries to influence the victim not to continue the case with the authorities. At the end of the film, the researcher added the title "Kuasa" to emphasize that strong power often makes victims afraid to continue, and they are often asked to make peace because perpetrators have strong power to prevent victims from getting justice.

The three short films were made by researchers with the big theme "Gerak Bersama" as the umbrella story of the short films which means that sexual harassment can be prevented if all stakeholders (students, teachers, and the school) can work together. The three short films have interrelated plots to make participants curious and understand more about sexual harassment. The expected aspects of prevention are that students can have awareness about sexual harassment prevention, foster empathy in students to behave in anti-sexual harassment, and provide knowledge about the impacts and forms of sexual harassment so that students avoid this behavior. Short films are medium in helping guidance and counseling teachers to provide a comprehensive understanding of sexual harassment coupled with material and discussions with students to see the values contained in films so that short films are an integral part of the services provided by guidance and counseling teachers. Providing short film media can raise awareness and understanding autonomously to influence anti-sexual violence behavior (Aminah & Setiawan, 2021).

To make it easier for guidance and counseling teachers to use short film media, the use of short film media will be regulated in a guidebook developed by researchers to ensure that the steps and materials provided by the guidance and counseling teacher are right on target. The guidebook contains instructions for use, short film synopsis, material that can be used by guidance and counseling teachers, as well as questions that can be asked of students as material for discussion.

## **Conclusion**

Research and development of the short film media "Gerak Bersama" resulted in three short films, namely "Speak Up!", "Enabler?", and "Relasi (Kuasa)". The use of short film media is regulated in the guidebook to make it easier for guidance and counseling teachers to use the media. Short film media has been validated by 3 material experts and 3 media experts so that it is suitable for use. The short film media effectiveness test was conducted on 122 high school students with a pre-test score of 121.72 and a post-test score of 152.96 with an increase in score of 31.24 so that the short film media "Gerak Bersama" was declared effective. The results of the N-gain test show

an effectiveness percentage of 65% and fall into the quite effective category. Therefore, it can be concluded that the media short film "Gerak Bersama" is appropriate and effective for preventing sexual harassment in high school students.

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