

A Project for Protecting Women's Life through HeLiT

Proposed by Yeremias Jena

Department of Medical Humanities and Law

Atma Jaya School of Medicine, Atma Jaya Catholic University of Indonesia

Background

Referring to the fact of high rate of violence against women, abortion, or the spread of diseases such as HIV/AIDS, there seems to be no other choice than protecting women and teenager women. Recent data and publication highlighted the importance of this protection.

As we read from Indonesian National Commission for Women has issued the data on violence against women as follow, there were 12 women being victims of sexual violence per day (2011). Also, there were 4,336 cases of violence against women (rape and sexual abuse as much as in 1620, attempted rape as many as eight, as many as 118 sexual abused, 403 women trafficking for sex and economic benefit (2012). Moreover, out of 279,760 cases of violence against women, 263,285 cases were against wives, 2,507 cases of teen dating violence, 6243 sexual violence, 1,704 cases of rape, and 614 of women trafficking 614.

At the international level, UN Report (2013) shows that 1 of 4 men in Asia admitted of raping a girlfriend, sister, other known person, or unknown person (strangers). World Health Organization: one of 3 women in the world are victims of physical and sexual violence in their lifetime (2013).

These data and findings have provided the very vulnerable condition of women in Indonesia. This condition has led to the importance of protecting women as earlier as possible. Take into account also the burden or impact experienced by women being victims of violence. Women usually suffer high morbidity because of the impact of mental stress, psychological, and social. In Mexico, the rate reached 5.6 percent morbidity and in Victoria (Australia) reached 7.9 percent of the total victims of violence against women (Claudia Garcia-Morena, et al: 2015). Considering also the high rates of suicide attempts (Karen DeVries et al: 2011), or excessive anxiety experienced by women adolescents during teen dating (Suci Musvita Ayu et al: 2012).

Facing with this situation, the choice seems to be only one: protecting women at their early age or let them suffer more and more in their vulnerability. As suggested in this Action Plan, my position is to protect women as early as their teenage. I agree that one way of protecting vulnerable women is through accessing reproductive health care. However, I do not agree with Indonesian government to allow women accessing reproductive health care by using condoms and other reproductive technologies available. Considering the fact that 5-10 percent of women and 38 percent of men had had sexual intercourse before marriage during the year of 1993–2002 (Intan Puspitadesi et al, 2013 and other fact that 34.37 percent of the 288 teenagers in Jakarta have had sexual intercourse (Intan Puspitadesi et al, 2013), I would propose that reproductive technologies can only be used as the last resort. There should be massive and systematic campaigning against the violence against women, systematic effort to stop premarital sexual intercourse, and the importance of respecting one's own body.

Target Group

Based my project on the principle of preventing is better than curing, I commit myself to involve as many volunteers as possible in campaigning a healthy life before marriage. The campaigning and training will covers the field of avoiding premarital sexual intercourse, empowering family ties, media literacy, especially on the issue of sex as right, the importance of respecting one's body, and so on. Considering the nature of the project, the member of the group will be comprised of medical doctors, teachers, medical students, parents, and psychiatrists.

For this purpose, some friends and I will form a group called Ambassador for a Healthy Life of Teens (**HeLiT**) to carry out the project. This group will targeting the second year of Junior High School Students (average age of 14) up to the second year of Senior High School Students (average age of 17).

For the academic year of 2015/2016 (July 2015 – June 2016), AHLT will campaigning and held some training on healthy life of teens in 5 schools around West Jakarta. The campaigning and training will covers these area:

- Knowing one's body and proper way to respond to the dynamics of the body.
- The threats of some disease such as HIV/AIDS and gonorrhea which are related more to the freedom of sexual life.

- The importance of family ties where the teen will find their “nest” as a comforting and supporting home.
- Proper way of treating and protecting one’s body.

Time Table

No.	Month	School	PIC
1.	September 2015	Will be decided later	Yeremias Jena
2.	October 2015	Will be decided later	Yeremias Jena
3.	November 2015	Will be decided later	Yeremias Jena
4.	February 2016	Will be decided later	Yeremias Jena
5.	March 2016	Will be decided later	Yeremias Jena

Budget

No.	Item	Price*	Total
1	Consumption for meeting and discussion	@15,000X10X15	450,000
2.	Correspondence	@100,000X10	1,000,000
3.	Field study and/or survey	@300,000X5	1,500,000
4.	Transportation	@300,000X3x5	4,500,000
5.	Honorarium for the trainer	@500,000X5	2,500,000
6.	Souvenir for the schools	@300,000X5	1,500,000
7.	Souvenir for the students	@10,000X200X5	10,000,000
		TOTAL	21,450,000

* In Indonesian Rupiah (IDR)

Reference

- Puspitadesi, Dewi Intan, Istar Yuliadi, and Arista Adi Nugroho. "Hubungan Antara Figur Kelekatan Orangtua dan Kontrol Diri dengan Perilaku Seksual Remaja SMA Negeri 11 Yogyakarta." *Jurnal Ilmiah Psikologi Candrajiwa* 1.4 (2013).
- Claudia Garcia-Morena, Charlotte Watts, Violence against women: an urgent public health priority, *Bull World Health Organ* vol.89 n.1 Genebra Jan.2011 (<http://dx.doi.org/10.2471/BLT.10.085217>. Access 14 Mei 2015).