THE EFFECTIVENESS OF THE LOGOTHERAPY COUNSELING MODEL DEVELOPMENT TO IMPROVE LOW SELF-ESTEEM OF WOMEN VICTIMS OF TRAFFICKING

Jacob Daan Engel and Syamsu Yusuf

Satya Wacana Christian University - Indonesia University of Education

ABSTRACT

The research aimed to produce an effective developmental model of logotherapy counseling to improve the low self-esteem of women victims of trafficking. The research employed descriptive-analytical method, using quasi-experiment because it aimed to describe, analyze, and test the effectiveness of logotherapy counseling model. The activities of the research consisted of a series of model validity test, namely model rationality test, model practicability test, limited test and field test; hence, the research used research and development, participatory approach, and a mix of qualitative and quantitative research. The techniques of data collection used were interview, questionnaire, and observation. The results of the research demonstrated that the use of logotherapy counseling as an intervention program for the experimental group was more effective and had given better results in the dynamics of behavior changes among women victims of trafficking. The effectiveness was also proven by the results of observation and interview, showing positive values in the dynamics of victims' behavior changes. Logotherapy counseling model has its strengths in self-exploration, self-acceptance, dissociation, self-transcendence, attitudinal values, and self-awareness, which are integrated with self-potential, self-activity and self-evaluation, so that the model can trigger positive changes among the women victims of trafficking. Therefore, there should be a training manual of logotherapy counseling model for social workers in order to improve both conceptual and empirical aspects of treatment, where the former focuses on material comprehension, problem and skill development; and the latter on technique, counseling strategy and approach.

Keywords: Effectiveness, Model Development, Logotherapy Counseling, Low Self- Esteem, Women Victims of Trafficking

Introduction

Women victims of trafficking with low self-esteem became the focus of this research because the issue of low self-esteem experienced by women victims of trafficking is a gap that should be improved or abridged, so that the humanistic values of women, such as justice and equality can be realized and the women will have a healthy self-esteem, succeed, and survive. Education is thus needed to improve or bridge the gap. In this research, education is oriented to a process of guidance and counseling.

According to Kartadinata (2009: 5-6), the main focus of counseling and guidance is not the problem, but the personal-individual, in an attempt of prevention, development, and improvement. Departing from Kartadinata's understanding, guidance is needed by women who have healthy self-esteem in an effort of preventing conditions that can hinder development from happening, so that the women can develop themselves and become agent of change. In the context of this research, women victims of trafficking require counseling to improve their low self-esteem into healthy self-esteem; furthermore, they will continuously need guidance as a lifelong education process.

Conceptually, healthy self-esteem in the perspective of Branden (1990: 6-7, 15) is the aspects of thinking and self-value,

describing one's ability to improve his or her spiritual development, namely self-awareness, self-acceptance, self-assertiveness, purposefulness, self-responsibility, and self-integrity. The indicator of the spiritual development of healthy self-esteem is the ability of one to improve his or her spiritual dimensions, namely self-potential, self-activity, and self-evaluation, which according to Frankl (2000: 123-4), originate from three kinds of humanistic values, which are creative values, experiential values, and attitudinal values.

The results of field study showed that the issues of women victims of trafficking at the Social Shelter for Women in Need of Protection, Women's Social Welfare Institution "Mulya Jaya" Jakarta, lie on the inability to improve the spiritual dimension and development to solve physical, psychological, and sexual conditions. On the other hand, the actual counseling treatment for the issues of spiritual dimension and development of the low self-esteem of female victims of trafficking at "Mulya Jaya" Jakarta was only for a short term of three months, oriented not on the process and exploration, but tended to be on the symptoms observable among the victims referred to "Mulya Jaya" Jakarta. Therefore, there is a gap in the treatment for the developmental issue and spiritual dimension of the low self-esteem of women victims of trafficking.

Based on the understanding of healthy self-esteem and the results of the aforementioned field study, it can be inferred that the low self-esteem experienced by women victims of trafficking illustrates their inability to improve their spiritual development, namely self-awareness, self-acceptance, self-assertiveness, purposefulness, self-responsibility and self-integrity, and spiritual dimensions, so that there were seven problems requiring seven techniques and approaches to solve them. Meanwhile, logotherapy model in the perspective of Frankl, which is seen as an appropriate approach to improve the

developmental issue and spiritual dimension of the low self-esteem of women victims of trafficking and which holds onto the spiritual values, only has three techniques and approaches (Frankl, 1985a: 129-179). Thus, a model development of logotherapy counseling should be conducted. On the other hand, the average educational background of these female victims of trafficking that was in the low category, namely 70% were graduates of and did not finish primary school, became the consideration of the need of model development in implementing logotherapy counseling service.

Proceeding from the issues under research explained above, the research question is formulated into "How does the result of model development of logotherapy counseling effectively improve the low self-esteem of women victims of trafficking at the Social Shelter for Women in Need of Special Protection, Women's Social Welfare Institution 'Mulya Jaya' Jakarta?" This main issue is elaborated into the following questions:

1. What are the problems of the low self-esteem of women victims of trafficking at the Social Shelter for Women in Need of Special Protection, Women's Social Welfare Institution "Mulya Jaya" Jakarta?

2. How actual is the counseling to the issues of spiritual dimension and development of the low self-esteem of women victims of trafficking at "Mulya Jaya" Jakarta?

3. How is the logotherapy counseling model resulted from the development appropriate for the improvement of the spiritual dimension and development of the low self-esteem of women victims of trafficking at "Mulya Jaya" Jakarta?

4. Is the logotherapy counseling model produced effective in improving the spiritual dimension and development of women victims of trafficking with low self-esteem at "Mulya Jaya" Jakarta?

RESEARCH PURPOSE

The purpose of this research is to "Produce an effective logotherapy counseling developmental model to improve the spiritual dimension and development of women victims of trafficking with low self-esteem at the Social Shelter for Women in Need of Special Protection, Women's Social Welfare Institution 'Mulya Jaya' Jakarta." This main aim is elaborated as follows:

1. To find the issues of low self-esteem among women victims of trafficking at the Social Shelter for Women in Need of Special Protection, Women's Social Welfare Institution "Mulya Jaya" Jakarta.
2. To find the actual conduct of counseling for the spiritual dimension and development of the low self-esteem of women victims of trafficking at "Mulya Jaya" Jakarta.
3. To formulate a logotherapy counseling developmental model appropriate to improve the spiritual dimension and development of women victims of trafficking with low self-esteem at "Mulya Jaya" Jakarta.
4. To prove the effectiveness of the produced logotherapy counseling model in improving the spiritual dimension and development of women victims of trafficking with low self-esteem at "Mulya Jaya" Jakarta.

Method

The Social Shelter for Women in Need of Special Protection, Women's Social Welfare Institution "Mulya Jaya" Jakarta was chosen to be the research location because it was the only rehabilitation center for women victims of trafficking in Indonesia under the Ministry of Social Affairs of the Republic of Indonesia. The population and sample of this research were women victims of trafficking as many as 30 people, divided equally into experimental and control group, each consisting of 15 women.

From the above table, it is found that the majority of women victims of trafficking were at a productive age (70%), single and divorced (70%), with low educational background (70% for Primary School graduates and its Dropouts).

The research method employed was descriptive-analytical method and quasi experiment. Descriptive-analytical method was employed to systematically, factually, and accurately explain the facts and traits pertaining to the substance of the research (Nazir, 2009: 54-55, 61). What described in this research is the objective condition of the spiritual issues of women victims of trafficking with low self-esteem and the actual implementation of counseling service at the Social Shelter for Women in Need of Protection, Women's Social Welfare Institution "Mulya Jaya" Jakarta. Meanwhile, the analysis focuses on the gap in problem treatment, the need of counseling treatment improvement and the impact of logotherapy counseling intervention program on the dynamics of behavioral changes among women victims of trafficking.

The quasi experiment method with nonequivalent pretest-posttest control group design (Heppner et al. 2008: 183) was conducted in the field test of the hypothetical model to gain a picture of the effectiveness of logotherapy counseling developmental

Table 1
Profiles of Women Victims of Trafficking

No	Category by Age		Education				Status		
	25–15 Years Old	40–26 Years Old	Primary School Dropouts	Primary School	Junior Secondary School	Senior Secondary School	Married	Single	Divorced
1	21 People	9 People	4 People	People 17	7 People	2 People	9 People	4 People	7 People

model. The criteria for the effectiveness of the result of model development of logotherapy counseling, its practical significance and statistical significance, are described as follows:

Practical Significance

1) At the stage of model development, the theory and basic principles should fulfill the validity requirements for educational products (Borg & Gall, 2003: 570) through model assessment by experts, practitioners, and social workers.

2) The instrument of logotherapy counseling developmental model should fulfill the following requirements:
   a) Validity and reliability Tests (Nazir, 2009: 145; Sururi and Suharto, 2007: 51, 52)
   b) *Pretest* and *Posttest* (Heppner *et al.*, 2008: 183)
   c) Data normality and homogeneity tests (Sundayana, 2010: 87-89)
   d) Mean and *N*-gain tests, two-mean differential test (Hake, 1998: 65; Sururi and Suharto, 2007: 24-27)

3) The result of logotherapy counseling developmental model should have the strengths and dynamics of behavioral changes, characteristics, impacts, and developmental efforts.

Statistical Significance

1) Data of research results should show normality and homogeneity as demonstrated by the value of $\alpha = 0.05$ < (sig. value) before statistic test to test the mean and the *N*-gain and two-mean differential test are done.

2) The mean and *N*-gain of pre- and posttests of the experimental group should be higher than those of the control group.

3) The improvement recapitulation of the result of differential test should show that the scores of pre- and posttests of the experimental group are higher than those of the control group, as proven by t_{cal} >

t_{table} or seen from the value of $\alpha = 0.05$ > *sig* (0.000).

Approaches

The approaches used were research and development, participatory, and a mixed method of qualitative and quantitative. The researcher selected Research and Development as developed by Borg and Gall (1989; 2003: 570) because the research would like to develop and validate educational products, namely a developmental model of logotherapy counseling to improve the low self-esteem of women victims of trafficking. The stages and activities of the research and development involved: (1) A preliminary study that consisted of two activities, literary study and field study to produce a hypothetical model; (2) Model development and validation, consisting of a series of model validity tests, namely model rationality test, model practicability test, limited test, and model development and revision; (3) Field test, consisting of feasibility test, effectiveness test, revision, and analysis to produce a tested model to be published.

Jagosh et al. (2012: 3) defined participatory research as collaborative research through partnership between the researcher and the people responsible for the actions and issues under research. Participatory research as systematic investigation through collaboration is intended for educational objectives and to make changes (Lgreen, 2012: 2). In this research, the participatory approach gives more emphasis on the collaboration between the researcher and the social workers and the victims at the Social Shelter for Women in Need of Special Protection, Women's Social Welfare Institution "Mulya Jaya" Jakarta. The roles of the researcher and the social workers are parallel, namely the social workers also play a role as researcher during research. In this participatory research, the researcher also collaborated through partnership with three experts in the field of counseling and guidance and with two practitioners in the process of

model validity test.

The qualitative and quantitative research is integrated and mutually supporting (mixed methods design). According to Cresswell (2008: 552), mixed methods design is a procedure to collect data, analyze and mix qualitative and quantitative in single research to understand the issues under research. The stages of this kind of research involve: (1) Exploratory mixed methods design, where the researcher gathers qualitative data to explore phenomena, and then collects quantitative data to explain the correlation between the findings in qualitative data through validity and reliability tests of the research instrument; (2) Explanatory mixed methods design, where the researcher gathers quantitative data through pre-tests of the experimental and control groups and then collects qualitative data through interpretation and analysis of the quantitative data made qualitative; in this case, resulting in a hypothetical model of logotherapy counseling model developed through validation by experts, practitioners, and social workers; (3) Embedded mixed methods design, in which the researcher collects qualitative and quantitative data simultaneously; (4) Triangulation mixed methods design, in that the researcher gathers the results of post-tests in the form of quantitative data and the results of observation and interview as the qualitative data to be interpreted and analyzed simultaneously.

Techniques

The techniques of data collection used were interview, questionnaire, and observation. Free interview with the guidelines that the interview focused on the underlying issues under question (Sugiyono, 2012: 140) was conducted. Questionnaire distribution employed semantic difference scale to measure the aspects of negative thinking and negative self-value in the low self-esteem of women victims of trafficking. The scale is bipolar in nature (two opposite poles, negative-positive) with a range of 0-10,

covering three dimensions, namely potential, activity, and evaluation. In this research, the bipolar trait is formulated into one dimension for each item of the research instrument (Nazir, 2009: 344-345). On the other hand, observation is a process of observing the research subjects and is done structurally (Sugiyono, 2012: 145,146).

Literature Review

Human beings are posed with shifts and changes of values in the society (Nurihsan, 2006: 2). According to Borrong (cited in Kritis, 2007: 70), value refers more to an effort of education viewed by one as goodness, believed to be beneficial to be developed. Education in this research is more oriented to the process of counseling and guidance. According to Kartadinata (2009: 5-6), the main focus of counseling and guidance is not on the problem but the personal-individual as an attempt of preventing, developing, and improving. Guidance is needed by every woman who has healthy self-esteem in an effort to prevent conditions hindering development to take place, so that the women can develop themselves. Meanwhile, among women victims of trafficking, counseling is needed to improve low self-esteem to be healthy self-esteem, and they will continuously need guidance as a process of lifelong education.

Facts in the field show that there are so many women victims of trafficking who suffered from physical, psychological, and sexual abuses. The statistic provided by Akor (2011: 89) showed that from 500,000 female migrant workers sent from Nigeria-Afrika to the U.S. and Europe, 70% were traded as commercial sex workers, and only 30% were employed as housemaids. According to Rafferty (2008: 14-15), women victims of trafficking, especially children, frequently experience cruel situation that causes physical, sexual, and psychological trauma. Loss of hopes, no direction in life, and bleak future have caused these women to lose respect for

themselves and to experience low self-esteem.

The issue of low self-esteem conceptually departs from an understanding of healthy self-esteem to highlight the facts in the field based on preliminary study. It is these facts that prove whether the problems suffered by women victims of trafficking were their own inabilities to gain healthy self-esteem. Conceptually, in the perspective of Branden (1990: 6-7, 15), healthy self-esteem is the aspect of thinking and the aspect of self-value, describing the ability of someone to improve his or her spiritual development, namely self-awareness, self-acceptance, self-assertiveness, purposefulness, self-responsibility, and self-integrity. The indicator of spiritual development of healthy self-esteem is one's ability to improve his or her spiritual dimension, namely self-potential, self-activity, and self-evaluation, which according to Frankl (2000: 123-4) originate from three kinds of humanistic values, namely creative values, experiential values, and attitudinal values. Facts in the field showed that the issues of women victims of trafficking at the Social Shelter for Women in Need of Protection, Women's Social Welfare Institution "Mulya Jaya" Jakarta lie in these women's inability to improve their spiritual dimension and development in order to cope with their physical, psychological, and sexual conditions.

Based on the understanding of healthy self-esteem and the facts found in this research, the issue of spiritually low self-esteem experienced by women victims of trafficking ilustrates their inability to improve their spiritual development, namely self-awareness, self-acceptance, self-assertiveness, purposefulness, self-responsibility, and self-integrity. The indicator of the spiritual development of low self-esteem is the inability of these women victims of trafficking to improve their spiritual dimensions, namely self-potential, self-activity, and self-evaluation.

In an attempt of treating the issues of spiritual dimension and development of the low self-esteem of women victims of trafficking, logotherapy counseling that is developed from Viktor Frankl's logotherapy, is an appropriate approach to improve the spiritual dimension and development of women victims of trafficking with low self-esteem because logotherapy counseling holds onto spiritual values.

Lantz (1992: 129-131) conducted research on life's meanings behind the anxieties of 28 families in Applachian City. The results showed that Frankl's logotherapy could improve the meanings of life and was proven to help the families to have the ability to cope with anxiety, have a strong motivation to search, find, and own the meanings and aims of life. Melton and Schulenberg (2008: 31, 33-34; 40-41) also conducted research on the impact and relevance of the measurement of the meanings of life and concluded that logotherapy contributed empirically to the human's ability to respond to various internal and external problems, in order to have the main motivation that enables human beings to search for the meanings they want, and to highlight human's ability to find and own meanings in any condition. In line with them, Esping (2011: 59, 62-65) did research on autoethnography as logotherapy, and proved that logotherapy was effective to find awareness of the meanings of life as a way for one to achieve mental health through the realization of the three source values and spiritual dimensions.

Based on the theoretical review and framework explained above, then the formulated research question is "How effective is the result of logotherapy counseling developmental model to improve the low self-esteem of women victims of trafficking at the Social Shelter for Women in Need of Special Protection, Women's Social Welfare Institution 'Mulya Jaya' Jakarta?"

The development of logotherapy counseling model in this research is more oriented towards the improvement of the

spiritually low self-esteem among women victims of trafficking. It is more on the process of realizing the victims' self-potentials and is oriented to the planning, conduct, and evaluation in an attempt of solving the issue of low self-esteem among women victims of trafficking (Leddick, 2001: 1). In its execution, the approach is integrated with the available human resources, by emphasizing collaboration through partnership in work among the researcher and the experts and practitioners and the social workers of "Mulya Jaya" Jakarta and the women victims of trafficking as well, based on the practical application, theory, and relevant research results in the field. The specific orientation of the model is the implementation of a program in the form of a logo counseling model design to facilitate the development of self-potential among the women victims of trafficking, involving personal, social, educational, and spiritual aspects, as beings with *biopsychosociospiritual* dimension (biological, psychological, social, and spiritual) (Department of National Education, 2007: 10-11).

Based on the understanding of the model development of logotherapy counseling, the hypothesis formulated for this research is "The result of logotherapy counseling model

development is effective to improve the low self-esteem of women victims of trafficking at the Social Shelter for Women in Need of Special Protection, Women's Social Welfare Institition, "Mulya Jaya" Jakarta.

Results and Discussion

From the questionnaires distributed to the respondents to measure the development and spiritual dimension of women victims of trafficking, consisting of 51 validated statements, the average results of the pre- and post-tests of both the experimental and control groups were obtained, and in order to test model effectiveness, the normalized *N*-gain was calculated (Hake, 1998: 65)

Table 2 shows the number of respondents for the two groups, where each consisted of 15 people. The mean for the pre-test of the experimental group was 166.07 with a standard deviation of 23.59 and the mean increased to 452.27, where the standard deviation of the posttest decreased instead to 14.89. Meanwhile, the ratio of *N*-gains of the pre- and posttests of the experimental group and the control group is 0.75 > 0.15. This indicates that logotherapy counseling model is effective as an intervention program to improve the low self-esteem of women victims of trafficking.

Table 2

The Means and *N*-gain of Pretest-Posttest Results Experimental and Control Groups

Sources of Data		n	(*mean*)	Std. Deviation	*N-gain*
Experimental	*Pretest*	15	166,07	23,59	0,75
	Posttest		452,27	14,89	
Control	*Pretest*	15	205,93	18,60	0,15
	Posttest		251,80	12,71	

Table 3

Recapitulation of Two-Mean Differential Test for Pretest and Posttest
Experimental and Control Groups

Groups	*Mean*	df	t_{cal}	t_{table}	(Sig (2-*tailed*
Experimental Pre-posttests	-259,000	14	-43,851	2,144	0,000
Control Pre-posttests	-45,600	14	-8,546	2,144	0,000

In relation to the differences of the two groups, t-test for paired sample test was used as the statistical tool for two-mean differential test.

Table 3 shows the t_{cal} (43.851) > t_{table} (2.144) for the experimental group, and seen from the value of $\alpha = 0.05 >$ sig (0.000), it indicates that the use of logotherapy counseling intervention program among the experimental group is effective compared to the control group.

Next, the recapitalization of the average differences of pretest-posttest increases and N-gain problem development and low self-esteem spiritual dimension in women trafficking victims in Graph 2 and Graph 3 as

well as Table 5 and Table 6 are as follows:

The causal factors in the problem of low self-esteem depict the inability of women trafficking victims to improve their spiritual development through self-awareness, self-acceptance, self-assertiveness, life goals, self-responsibility, and self-integrity. The causal factor indicators in the problem of low self-esteem spiritual development are the inability of someone to improve one's spiritual dimension through self-potential, self-activity, and self-evaluation. Through the logotherapy counseling intervention program and statistical test results, achieving improvements in low self-esteem can be seen in attitude values and the dynamic of positive behavior changes in

Graph 1
Average Differences of Pretest-Posttest Increases in the Spiritual Development of Experiment Group Women Trafficking Victims
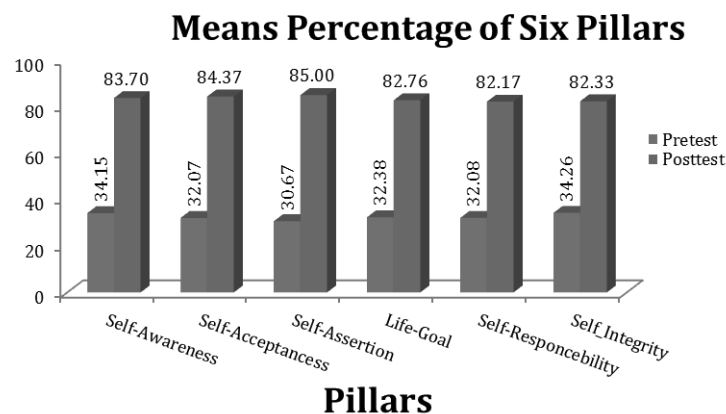
Graph 2
Means Differences in Pretest-Posttest Increases of the Low Self-Esteem Spiritual Dimension in Experiment Group Women Trafficking Victims
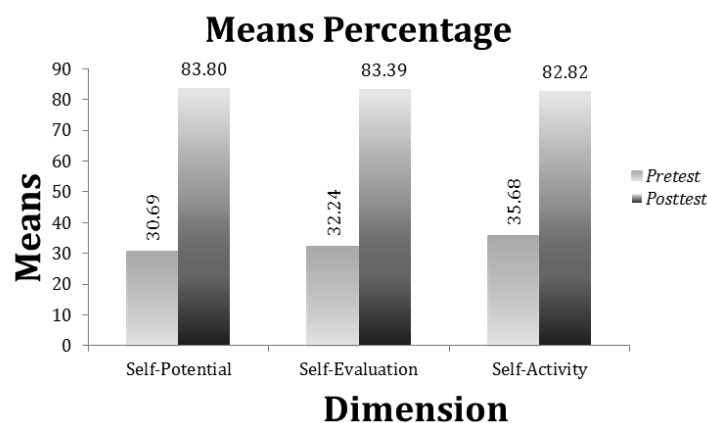
women trafficking victims. This affirms that the logotherapy counseling model is proven effective in fixing low self-esteem in women trafficking victims as described and analyzed below.

The Problem of Self-Awareness and Self-Exploration as Strengths of the Logotherapy Counseling Model Development

Graph 1shows that the problem of low self-esteem spiritual development in women trafficking victims at the level of self-awareness is 34.15%. This is due to low education, an imbalance in socialization in society, and different treatment in the family can even become victims in family and social situations. In line with this research, the statistical data explained by Joshi and Srivastava (2009:33-34) of research results of 200 city teenagers and 200 village teenagers from Varansi Regency, 12-14 years old, shows that there is a significant difference related with academic achievement of village teenagers, who tend to experience low self-esteem due to the problem of formal and non-formal education in the family. Through the self-exploration technique in the logotherapy counseling intervention program, an increase in spiritual development self-awareness from the pretest average of 34.15%, increased to become 83.70% in the posttest, because women trafficking victims are able to do empowerment for attitude and heath behavior changes. Related with this research, Kyung-Ah *et al.* (2009:136) conducted research on 29 teenagers suffering from cancer. They were divided into an experiment group with 17 individuals and a control group with 12 individuals. This research showed that logotherapy is effective in reducing existential suffering, improving the quality and life meaning, through self-exploration to empower an attitude change and healthy behavior change. In this research, empowerment is related with the ability to create ideas, create works, make decisions, and have the ability to solve problems, because self-awareness is

the primary principle of self-control in women trafficking victims.

Self-Acceptance as Problems and Strengths of the Logotherapy Counseling Model Development

Graph 1shows that the problem of low self-esteem spiritual development in women trafficking victims at the self-acceptance level is 32.07%. This is related with negative self-control and negative self-identity. In line with this research, Hughes (2003:116) proclaims that information technology causes and creates global media to exploit male sexuality and misuse of women and children, so that an identity crisis is formed and the level of self-control becomes low. This destroys their lives and futures, because they cannot accept their existence. Through the self-acceptance technique of the logotherapy counseling intervention program, an increase in spiritual development self-acceptance from a pretest average of 32.07% increased to become 84.37% in the posttest, because women trafficking victims were able to control and develop themselves to become individuals with achievements and abilities. In line with this research, Tate *et al.* (2013:79,83) conducted research on 50% of students who felt they were wrong because of negative life experiences in the past. This shows that logotherapy is successful as a method to overcome feelings of guilt by trying to disregard the problem phenomenon, finding work values to reach goals and life meaning, by assuming that looking for meaning is a primary human motivation to understand the abilities owned through self-acceptance. In this research, self-acceptance is related with self-commitment towards the abilities and achievements reached, as well as the initiative to take responsibility for failures, mistakes, or deficiencies possessed by women trafficking victims.

The Problem of Self-Assertiveness and Paradoxical Intensity as Strengths of the Logotherapy Counseling Model Development

Graph 1 reveals that the problem of low self-esteem spiritual development in women trafficking victims at the self-assertiveness level is 30.67%, due to not being valued in the eyes of others, unworthy to receive family support for what they have done, feel valuable because they are praised by others, have to do something that is valuable to appease others, which is related with self-control and self-ideal. Related with this research, the survey data that was explained by Erol and Ulrich (2011:607-608) had research results of 7,100 young adults between 14-30 years old, who were black, white, and Hispanic. Hispanic people had low self-esteem because of anti-social characteristics, difficulty to respect others, and difficulty to respect themselves. Through the paradoxical intention technique with a self-detachment approach in the logotherapy counseling intervention program, an increase in self-assertiveness of spiritual development from a pretest average of 30.67% increased to become 85.00% in the posttest, because women trafficking victims were able to have behaviors and actions based on standards, aspirations, goals, or values of others. Related with this research, according to Kimble and Ellor (2000:20,21) ontologically logotherapy handles high level humanity problems to understand meaning and values, freedom and responsibility, conscience and commitment, and decisions and life goals behind the suffering of someone through paradoxical intention. In this research, paradoxical intention is a personal standard that covers attitude standards, speaking standards, regulation standards, and appearance standards related with the desired character of someone, as well as related with the goals, values, and achievements that are desirable to be achieved. Women trafficking victims with their own abilities can distance themselves and have self-detachment towards excessive fears and desires. Victims are not equivalent with their pasts, obsessions, low self-esteem, unsafe feelings, depression, addiction, physical diseases, or emotional outbursts, but have inner life values that are strengths that can be used to keep their boundaries and attitudes towards their existence.

The Problem of Life Goals and Self-Transcendence as Strengths of the Logotherapy Counseling Model Development

Graph 1shows that the problem of low self-esteem spiritual development in women trafficking victims at the life goal level is 32.38%, related with bad expectations and negative self-criticism. Related with this research, the statistical data explained by Abdulraheem and Oladipo (2010:37) about the effects of women trafficking on the psychology and mental health of women trafficking victims is 90.5%, depression is 83.6%, emotional trauma is 72.4%, and lack of sleep is 67.4%, resulting in biased expectations and negative thinking. Through the dereflection technique with the self-transcendence approach in the logotherapy counseling intervention program, an increase in spiritual development life goals from pretest averages was 32.38% and increased to become 82.76% in the posttest, because women trafficking victims are able to develop a set of self-commitment values by doing various real activities that are more directed towards achieving meaning and their life goals. Analogous with this research, a research done by Julom and de Guzman (2013:357, 369-371) on 32 paralyzed patients (16 experiment group patients and 16 control group patients) who experienced no life meaning proved that effective logotherapy increases life meaning in the 16 experiment group paralyzed patients through self-transcendence to reach their life goals. In this research, life goals reflect the figure of women trafficking victims who have dignity and personal values to reach life

meaning and self-respect. Attitude values, feelings, and spirituality are relative but these values appear from the awareness of victims to do activities and skills based on their abilities. The talents and interests that have been hidden and can be explored will result in self-confidence in the victims, so that they have the ability to do something that they have previously not done before.

The Problem of Self-Responsibility and Attitude Values as Strengths of the Logotherapy Counseling Model Development

Graph 1depicts that the problem of low self-esteem spiritual development in women trafficking victims at the level of self-responsibility is 32.08%, related with the negative family needs and negative self-roles. In accordance with this research, according to Khowaja *et al.* (2012:1-3), women trafficking victims are physically beaten, sexually abused, experience psychological trauma, and have economic loss to create dependence on traffickers, resulting in them having to work hard with all the associated risks to fulfill their family needs. Through the attitude modification technique in the logotherapy counseling intervention program, an increase in spiritual development self-responsibility from the pretest average of 32.08% increased to become 82.17% in the posttest, because women trafficking victims are able to understand their tasks and principles from the self-responsibility of women trafficking victims, based on demands from others (family, society, friends, boyfriends, neighbors, or the country). Analogous with this research, Esping (2010:1,3) conducted research about the experience of Lorena, an international student who was pursuing a PhD in the United States, who showed that logotherapy as a psychotherapy approach could facilitate Lorena to find life meaning to finish her studies through creative values, experience values, and attitude values together, which focused on reorientation

towards someone's attitude values. In this research, attitude values as a strength in the logotherapy counseling model have proven when women trafficking victims are motivated to take responsibility in a situation that is advantageous or disadvantageous, that situation produces attitude values that life values can be found in any situation. This meaning produces faith, hope, and love. With that, attitude values can especially be used to encourage, provide urgency, give comfort, and assist women trafficking victims to return to have balance and inner peace.

The Problem of Self-Integrity and Self-Awareness as Strengths in the Logotherapy Counseling Model Development

Graph 1reveals that the problem of low self-esteem spiritual development in women trafficking victims at the self-integrity level is 34.26%, related with low self-respect (negative self-value) and negative self-image. In accordance with this research, Beyrer *et al.* (2003:106) stated that the sexual exploitation of women trafficking victims has an effect on the victims becoming pregnant, infertility as a result of sexually spread chronic infections that are left untreated, and failures or abortions that have destroyed their self-integrity and self-confidence. Through the Sokrates dialog technique with the self-awareness approach in the logotherapy counseling intervention program, an increase in spiritual development self-integrity from the pretest average is 34.26%, which increases to become 82.33% in the posttest, because women trafficking victims can access their abilities and develop their self-confidence to find meaning and goals in their lives. Related with this research, according to Hutchinson and Chapman (2006:57-59), logotherapy as an existential approach, exploration, and process-oriented, with a primary focus on spirituality and life meaning can empower humans to manage situations that are extraordinary in life and act as unique human experiences like joy, guilt,

and discover meaning that arises from self-confidence as a strength in the logotherapy counseling model has proven that life meaning comes through the words of women trafficking victims, showing their thinking ability and self-integrity which reveals a respectful attitude honestly, sincerely, and earnestly, having a positive behavior pattern that increases self-confidence, in order that they do not return to being trafficking victims.

The Spiritual Dimension as Problems and Strengths of the Logotherapy Counseling Model Development

Graph 2 depicts that the problem of the low self-esteem spiritual dimension in women trafficking victims at the self-potential level is 30.69%, related with a fatalistic attitude and over-forcing. Self-activity is 35.68%, related with a fanatic attitude and over-avoidance. Self-evaluation is 32.24%, related with a collective attitude and being overly attentive. In accordance with this research, the statistical data that was explained by Jordan *et al.* (2013:356) shows that women who become trafficking victims have increased in the United States with approximately 15,000 to 50,000 victims annually, experience actual wounds because they are often abused, are sexually assaulted, experience psychological trauma, and feel their lives and futures are destroyed. According to Hughes (2000:625-630), women sexual trafficking is characterized by a forced work situation, physical and sexual abuse, limited movements and isolation, dependence on debt, and more appalling rejection by the family and society. Through the meaning realization technique with the meaning discovery approach in the logotherapy counseling intervention program, the pretest means spiritual dimension self-potential increased from 30.69% to become 83.80% in the posttest. The pretest means spiritual dimension self-activity of 35.68% increased to become 82.82% in the posttest. The spiritual dimension self-evaluation experienced an increase from 34.24% to become 83.39% in the posttest. These increases are due to the fact that women trafficking victims have learned how to respect life, respect victims' abilities as a grace, and release themselves from unfulfilled desires. In accordance with this research, Melton and Schulenberg (2008:31,33-34; 40-41) did a research on the effects and relevance of measuring life meaning as a logotherapy empirical contribution for humanistic psychology, so that with free will, the will to acquire meaning, and the meaning of life, logotherapy can be integrated with psychotherapy and humanistic psychology forms to accommodate and provide empirical contributions about human abilities in response to various internal and external problems, having a primary motivation to facilitate humans to search for their desired meaning, as well as monitor human abilities to discover and possess meaning in whatever conditions through the spiritual dimensions they possess. In this research, the spiritual dimension empowers women trafficking victims to find truth, beauty, and love, because these values have provided life meaning in encountering victims with the world outside themselves, evoking inner attitude values, so that victims can make adjustments, do introspection, and open themselves to new and innovative things to find meaning and life goals.

Conclusions

The logotherapy counseling method development is effective to fix low self-esteem in women trafficking victims, because the model possesses:
1. Strength in self-exploration, self-acceptance, paradoxical intention, self-transcendence, attitude values, self-awareness, self-potential, self-activity, and self-evaluation.
2. Special characteristics in self-transcendence.
3. Good effects towards: (a) the behavior change dynamic in victims; (b) viewpoints, handling techniques, and counseling strategies for social workers; (c) work environment and commitment

to improve resources or service quality of various parties at "Mulya Jaya" PSKW RPSW in Jakarta.

4. A level of attainment that is statistically significant and high, from the recapitalization of different test results of two averages, value experiment groups of tcount (43.851) > t_{table} (2.144). The N-gain experiment group has pretest and posttest averages of (0.75) > the N-gain of the control group (0.15). This indicates that using a logotherapy counseling intervention program that is imposed on the experiment group is more effective and provides better achievement results in the behavior change dynamic of women trafficking victims. That effectiveness is also proven from observation results and interviews, which reveal positive attitude values in the behavior change dynamic of victims.

Based on conclusion is recommended Professionals counselors and training guide of logotherapy counseling model to social workers, needed to improve the handling of this approach in a conceptual manner to understand the material, develop problems and abilities, as well as empirically handle management techniques, approaches, and counseling strategies at the "Mulya Jaya" Women's Social Institution (PSKW) Women's Social Protection House (RPSW) in Jakarta.

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Jacob Daan Engel is a Ph.D student majoring in Guidance and Counseling at School of Postgraduate Studies, Indonesia University of Education.

Syamsu Yusuf is a professor of Guidance and Counseling at School of Postgraduate Studies, Indonesia University of Education.