

SERVICES (GENDER ISSUES AND COUNSELING IN HIGHER EDUCATION)

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- Adaptation to a new life and roles in higher education (interaction, friendships, life style, challenges with a more independent learning system)
- Euphoria as new students in new environment , to be engaged and try all different activities (extra-curricular)
- More severe issues including date violence and other gender-based problems



COMMON ISSUES

- Students from the regions and lower economic class: more issues related to adjustment and self-esteem, which might impact on social interaction and academic achievement
- Many students do not have adequate support system – parents are busy with their own issues, students are required to solve problems beyond their capacity
- Significant number do not have clear values and vision, are easily distressed and discouraged
- Self-harm



ISSUES

- Parents/family are no longer becoming positive strong support system? (young parents are also busy with gadget?)
- Different ways of communication – more isolation, awkwardness in social relations and social anxiety
- Internet/ technology-related addiction → life simulation and Massive Multiplayer Online-Role Playing Games
- Fulfilment of needs for intimacy through technology (ex. Tinder): emptiness, loneliness, lost of direction, shock/violence



MILLENNIAL /TECHNOLOGY- RELATED ISSUES

- (Common) male students tend to keep their problems for themselves, ask for help when already very stuck, female students are more open and willing to ask for help
- In case of gender-based violence (date violence, date rape, pregnancy, sexual harassment): female students can be very silent / secretive – too late in asking help
- Sexuality issues
- Issues of sexual identity/orientation: conflict, fear of blame, fear of being shunned



GENDER-RELATED ISSUES

Social stressors:

- Before: real life
- Now: real life and cyberspace life and its complex dynamics (the very quick and radical changes in every spheres of life)
- Gender-related issues
- Violence and trauma



**MORE PROBLEMATIC/
COMPLEX SITUATION**

Student Counseling Body (Badan Konseling Mahasiswa)

Handling issues that are already discussed (general, gender-based)

Does not have specific gender-based services, need to be more sensitive to gender-based issues



CASE OF UNIVERSITAS INDONESIA

- Peer counselor: community (networking) peers who play a role in identifying problems experienced by students
- Aims to expand the range of counseling services for students, to identify student problems as earlier as possible so that psychological assistance can be provided more optimally
- Also expected to be an "effective ventilation" for friends in the vicinity



PEER COUNSELOR PROGRAM

Objectives:

- To develop students' awareness of the problems faced by students in the surrounding areas
- Building the attitude of knowledge and skills needed in the role of peer counselor.
- Expanding socialization of counseling and guidance services from the Student Counseling Body



PEER COUNSELOR PROGRAM

The issues that require further assistance /outside the capacity of peer counselor will be provided by professional counselors of BKM

- Peer Counselor Training since 2014, aims to provide knowledge, build attitudes, and develop the skills needed: awareness raising, basic skills of counseling and PFA, limitation and referral
- Also code of ethics as peer counselor



PEER COUNSELOR PROGRAM

- Have a concern and commitment to help students' problems
- Active in student organizations at UI level and / or faculty
- Willing to commit to full series of training; has a minimum GPA of 2.75
- Willing to take on the role of peer counselor and actively engage in related activities for the next 1 year.



GENERAL CRITERIA FOR PEER COUNSELOR

- providing practical care and support, which does not intrude;
- assessing needs and concerns;
- helping others to address basic needs (for example, food and water, information);
- listening to, but not pressuring others to talk;
- comforting and helping others to feel calm;
- helping others connect to information, services and social supports;
- protecting from further harm



PSYCHOLOGICAL FIRST AID

- DO and DO NOT
- Code of Ethics
- Know the role and the limits
- Referral mechanism



PSYCHOLOGICAL FIRST AID

- Gender-sensitive perspectives
- Perspectives which respect diversity
- Support system for students (counseling, support group, peer counseling, other services)
- Policy to prevent /intervention to sexual offending and harassment
- Innovations and new models of intervention to respond to the emerging-complex issues in the digital era



URGENT NEED

THANK YOU

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