



## Correlation between Knowledge and Self-Efficacy in Prevention Sexual Harassment among University Student in Semarang City

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### Abstract

In 2024, The National Commission on Violence Against Women recorded 17,305 cases. Additionally, the Semarang Legal Aid Institute (LBH) reported 25 cases of gender-based violence and child abuse in 2024. If this trend continues, it will negatively impact. Based on Health Belief Model (HBM) theory, self-efficacy and knowledge are essential factors in preventing sexual harassment. This study aims to see the relationship between knowledge and self-efficacy in preventing sexual harassment among collage students in Semarang. Cross-sectional quantitative methods was used. The population consisted of 287,186 Students Collage in Semarang with 419 sample choosen by purposive sampling with the slovin formula. The Rank-Spearman correlation was used because the data was not normally distributed. The results showed that there was a significant corelation between self-efficacy and sexual harassment prevention (p-value=0.000) with low correlation amount (R=0.291). Furthermore, there was no significant corelation between knowledge of sexual harassment prevention (p-value=0.116). Although variable knowledge did not show significant corellation. However, according to HBM theory, increasing knowledge is the first step in changing behavior. Universities should collaborate with the Gender-Based Violence Prevention Task Force (PPKS) to create campaigns against sexual harassment prevention to increase students' knowledge and self-efficacy prevention.

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### Introduction

Data from the Central Java Province Women's Empowerment, Child Protection, Population Control and Family Planning Office (DP3AP2KB) states that the number of cases sexual violence reported 218 cases in 2024, 202 cases in 2023, 186 cases in 2022, and 145 cases in 2021 (Dinas Pemberdayaan Perempuan, Perlindungan Anak, Pengendalian Penduduk dan Keluarga Berencana (DP3AP2KB) Provinsi Jawa Tengah, 2025). Making Central Java one of the provinces with the highest cases ,while LBH Semarang in 2024 receive 25 complaints of gender-based and child-based violence (Lembaga Bantuan Hukum Kota Semarang, 2024).

Data from The National Commission on sexual Against Woman (*Komnas Perempuan*) in 2024 shows that sexual violence is the highest number of reported cases (Komnas Perempuan, 2024a). Studies in various countries indicate that, schools, universities, student dormitories, and offices are the most common location, even the perpetrators often close to the victim such as friends, colleagues, teachers/lecturers, or work leaders (World Health Organization, 2012). In Indonesia, sexual harassment is a common social fact though it is rarely reported (Rusyidi et al., 2019). In 2023, the Online Information System for the Protection of Women and Children ( Simfoni PPA) recorded 26,161 victims of violence against women, while Service Provision Forum for Woman victims of Violence (FPL Titian) recorded 5,218 and Dokumentation System for Cases of Violence Against Women (Sintas Puan) recorded 3,303, bringing the total violence to 34,682 victims (Komnas Perempuan, 2024).

According to Law Number 12 of 2022 concerning the Crime of Sexual Violence (TPKS Law) is defined as any sexual act, both physical and non-physical, aimed at a person's body, sexual desire, and/or reproductive organs with the intention of degrading his dignity and dignity based on his sexuality and/or

morality, which is not included in other more serious criminal acts. Meanwhile, regulation of the Minister of Education, Culture, Research, and Technology of the Republic of Number 30 of 2021 concerning the Prevention and Handling of Sexual Violence in the Higher Education Environment, sexual violence article 5 states that forms of sexual harassment can be in the form of verbal, non-verbal, physical, and sexual harassment carried out through technology can occur in the university environment (Kemendikbudristek, 2021). Sexual abuse physically has a psychological, emotional, and traumatizing impact on the victim (Saragi et al., 2023).

Therefore, as a form of responsibility to prevent and handle sexual violence as stipulated in the Regulation of the Minister of Education, Culture, Research, and Technology of the Republic of Indonesia Number 30 of 2021 concerning the Prevention and Handling of Sexual Violence in Higher Education, the Task Force for the Prevention and Handling of Sexual Violence (SATGAS PPKS) was formed. This step aims to create a campus environment that is safe, comfortable, and free of sexual harassment (Kemendikbudristek, 2021).

The research conducted an analysis related to the understanding of student behavior regarding sexual harassment prevention measures in universities. Understanding behavior is analyzed using theory *Health Belief Model*. *Health Belief model* is a psychological model used to predict the causes of healthy behaviors (Notoatmodjo, 2014). HBM can be used to predict long-term and short-term health behaviors, including sexual harassment prevention behaviors. Changes in an individual's behavior are influenced by the perception of vulnerability, the perception of severity, the perception of cues and the perception of benefits and the perception of barriers (Barus, 2017). Based on this theory, increasing knowledge is the first step in changing behavior (Suriah et al., 2025). The Health Belief model (HBM) also proposes that people be inspired to practice preventive health in response to perceived threats to their health. Self-efficacy is also expected to be positively correlated with changes in protective behavior. (Thapaliya & Adhikari, 2020) Based on this theory, this study will discuss the relationship between knowledge variables and self-efficacy to sexual harassment prevention.

## Methods

### Study Design

Quantitative research with a cross-sectional study design, where all variables in this study are measured simultaneously at one time.

### Respondents

The population in this study is students in the city of Semarang in 2024 which totals 287,296 students (Badan Pusat Statistik, 2024). Sampling in this study was carried out using the slovin formula and a margin of error of 5% so that a sample size of 399 students was obtained with 20 samples as a backup. The total sample in this study was 419 respondents.

The inclusion criteria for respondents in this study are students who study in the city of Semarang, aged 18-23 years, are willing to become informants, and fill out the google form until it is finished. Meanwhile, the exclusion criteria in this study are not filling out the google form to the end and not being willing to become a respondent. The majority of respondents in this study came from Dian Nuswantoro University (57.3%), Semarang State University (18.9%), and Diponegoro University (15.5%).

### Survey

The instrument used in this study was in the form of a closed questionnaire. Sampling in this study was using purposive sampling techniques. According to Sugiyono, purposive sampling is a data collection technique by determining the sample that has been considered (Sugiyono, 2019).

The data collection method in this study was carried out online using a questionnaire packaged in the form of a google form. The reason for using google form in this study is because it is easy to use and makes it easier for researchers to retrieve data in a short time. Data collection in this study will be carried out in May 2025.

### Research Variables

The variables explored and analyzed in this study include demographic variables, knowledge, self-efficacy, experience of sexual harassment and sexual harassment prevention measures. The demographic variables explored were age, gender, domicile, religion, university origin, study program, respondent semester, dating status, dating length, and age when they first dated.

The knowledge variable was measured using a scale of knowledge about sexual harassment taken from previous studies. It consists of 9 questions that represent forms of sexual harassment (e.g., unwanted touching). In the knowledge variable, the correct answer is given a score of 1 and the wrong answer is given a score of 0 so that the total knowledge score is in the range of 0-9.

The next variable is self-efficacy in this variable measured using a 5-point likert scale. This variable was measured using a questionnaire made by the researcher and based on relevant theories because

there were no previous research questionnaires. The scale consists of 10 questions that represent forms of self-efficacy (e.g., inability to wear closed clothing). In the self-efficacy variable, the answer strongly agrees is given a score of 3, agrees to be given a score of 2, disagrees is given a score of 1 and strongly disagrees is given a score of 0 so that the total self-efficacy score is in the range of 0-30.

In the validity test, p-value was obtained for each variable, which was 0.00 so that the results of the validity test were declared valid. Meanwhile, the results of the realism test obtained a Cronbach alpha value on the knowledge variable of 0.83, which shows that the level of reliability of the instrument is categorized as reliable. In Cronbach's self-efficacy variable of 0.33, it shows that the instrument's level of realism is categorized as unreliable.

#### Data Analysis

The statistical tests used in this study were univariate tests for the socio-demographic of respondents and bivariate tests to test the relationship between knowledge and self-efficacy. Based on the results of the statistical test analysis and the results of the normality test of abnormal distribution data, the correlation test analysis uses the *rank-spearman* correlation test.

#### Results

The findings of 419 university student respondents in Semarang City who filled out a survey through google form showed various opinions and opinions. The description of socio-demographic characteristics will be described in table 1 below.

**Table 1.** Socio-Demographic Characteristics

| Respondent Characteristics           |                           | Result |      |
|--------------------------------------|---------------------------|--------|------|
|                                      |                           | F      | %    |
| Gender                               | Man                       | 90     | 21,5 |
|                                      | Woman                     | 329    | 78,5 |
| Age                                  | 18                        | 13     | 3.1  |
|                                      | 19                        | 46     | 11   |
|                                      | 20                        | 101    | 24.1 |
|                                      | 21                        | 164    | 39.1 |
|                                      | 22                        | 73     | 17.4 |
|                                      | 23                        | 22     | 5.3  |
| Courses                              | Health                    | 197    | 47.0 |
|                                      | Non Health                | 222    | 53.0 |
| Semester                             | 2                         | 53     | 12.6 |
|                                      | 4                         | 59     | 14.1 |
|                                      | 6                         | 229    | 54.7 |
|                                      | 8                         | 78     | 18.6 |
| Religion                             | Buddhist                  | 1      | 0.2  |
|                                      | Hindu                     | 2      | 0.5  |
|                                      | Islam                     | 357    | 85.2 |
|                                      | Catholic                  | 24     | 5.7  |
|                                      | Christian                 | 35     | 8.4  |
| Domicile ID card                     | Semarang                  | 126    | 30.1 |
|                                      | Outside Semarang          | 293    | 69.9 |
| Relationship status                  | Dating                    | 126    | 30.1 |
|                                      | Have you ever been dating | 147    | 35.1 |
|                                      | Never dated               | 146    | 34.8 |
| Currently in a romantic relationship | Less than 1 year          | 20     | 4.8  |
|                                      | 1-2 years                 | 66     | 15.8 |
|                                      | 3-4 years                 | 22     | 5.2  |
|                                      | 5 years                   | 15     | 3.8  |
| Had past dating experience           | less than 1 year          | 49     | 11.7 |
|                                      | 1 year                    | 36     | 8.6  |
|                                      | 2 years                   | 28     | 6.7  |
|                                      | 3 years                   | 16     | 3.8  |
|                                      | 4 years                   | 3      | 0.7  |
|                                      | 5 years                   | 6      | 1.4  |
|                                      | 6 years                   | 1      | 0.2  |

|                     |         |    |   |
|---------------------|---------|----|---|
| Age of first dating | Maximum | 23 | - |
|                     | Mean    | 16 | - |
|                     | Minimum | 7  | - |

Based on *Table 1. Socio-Demographic Characteristics* majority of respondents were 21 years old 39.1% (164); female 78.5% (329); from non-health study programs 53% (222); 6th semester students 54.7% (229); Muslim 82.5% (325); domicile ID Card 69.3% (299); had been dating 35.1% (147); been dating for 1-2 years 15.8% (66); had less than 1 year dating experience 11.7% (49) and; age of first dating was lowest at age 17, The highest is at the age of 23 while the average age is 16 years.

**Table 2. Knowledge Variables**

| Question  | Yes (%) | No (%) |
|---|---------|--------|
| Unwanted gaze sensually into the female breast area so that it creates a feeling of security for the target. What is Sexual Harassment?   | 98,3    | 1,7    |
| Getting uncomfortable catcalling, whistling, and flirtatious comments. What is Sexual Harassment?   | 95,7    | 4,3    |
| Directing obscene/sexually explicit talk to someone or a group of people so as to cause anxiety or discomfort. What is Sexual Harassment? | 97,4    | 2,6    |
| Sexually unwanted gaze into the female genital area (groin). What is Sexual Harassment?   | 98,3    | 1,7    |
| Sexually unwanted gaze into the genital area (groin) of a man   | 97,6    | 2,4    |
| Stroking or squeezing someone's private area (e.g., buttocks, breasts, stomach) without permission. What is Sexual Harassment?            | 98,8    | 1,2    |
| Forcing someone to watch pornography. What constitutes Sexual Harassment?   | 94,3    | 5,7    |
| Masturbating in front of a person or group of people. What is Sexual Harassment?  | 97,4    | 2,6    |
| Commenting on someone with derogatory or derogatory sexual terms. What constitutes Sexual Harassment?                                     | 95,7    | 4,3    |

Based on *Table 2. The* majority of respondents did not understand the forms of sexual harassment such as not knowing that forcing someone to watch pornography was 5.7%, cat calling 4.3% and commenting on someone with sexual terms 4.3%.

**Table 3. Variable Self Efficacy**

| Statement   | Strongly agree (%) | Agree (%) | Disagree (%) | Strongly Disagree (%) |
|---|--------------------|-----------|--------------|-----------------------|
| I can't afford to wear closed clothes   | 2,1                | 3,1       | 53,5         | 41,3                  |
| I'm sure I can decline friend requests from social media accounts I don't recognize.  | 51,3               | 42        | 2,9          | 3,8                   |
| I'm not sure I can choose the positive content I'm going to share on social media.  | 6,7                | 9,3       | 53,9         | 30,1                  |
| I was able to choose a busy road route so that sexual harassment did not occur.   | 20                 | 51,1      | 2,1          | 26,7                  |
| I can't afford to refuse and say "no" firmly to the person who commits an act of sexual harassment  | 6,4                | 6,7       | 34,8         | 52                    |
| I am confident that I can tell my family or friends about my sexual harassment experiences.   | 22,2               | 56,8      | 16,7         | 4,3                   |
| I am able to report sexual harassment that I experienced to the PPKS Task Force (Task Force for the Prevention and Handling of Sexual Harassment) | 38,4               | 53        | 7,6          | 1                     |
| I am confident that I can recognize the early signs of sexual harassment after getting enough education.  | 48                 | 50,6      | 1,2          | 2                     |
| I believe that curfew restrictions are not effective enough to prevent sexual harassment  | 24,8               | 43        | 26,7         | 5,5                   |

Based on *Table 3. Self-Efficacy* found that there are still students who disagree that curfew restrictions are not effective in preventing sexual harassment 26.7%, respondents also strongly disagree with being able to choose a busy road route 26.7% and do not agree to be able to tell family or friends about sexual harassment experienced by 16.7%

**Table 4.** Sexual harassment prevention measure

| Statement  | Always<br>(daily) (%) | Often<br>(%) | Infrequently<br>(%) | Not Ever<br>(%) |
|--|-----------------------|--------------|---------------------|-----------------|
| I passed through a quiet, dark street while driving alone at night   | 7,6                   | 27,4         | 58,6                | 8,4             |
| I tell my personal life only to my closest friends   | 4,8                   | 43,4         | 36                  | 15,8            |
| I don't talk about porn when I get together with friends   | 24,1                  | 30,8         | 18,6                | 26,5            |
| I let the person who gave me a sexual joke   | 2,6                   | 7,9          | 31,5                | 58              |
| I put up physical resistance when I was sexually harassed  | 18,6                  | 15           | 19,6                | 46,8            |
| I will report the act of sexual harassment to the PPKS task force on campus                                | 22                    | 14,1         | 16,7                | 47,3            |
| I will report sexual harassment to the police or the authorities   | 23,6                  | 11,7         | 17,2                | 47,6            |
| I will report the sexual harassment to my family   | 17,7                  | 16,2         | 18,9                | 47,3            |
| I will report sexual harassment to the women's empowerment and child protection office or related agencies | 23,6                  | 13,4         | 15,8                | 47,3            |

Based on *Table 4. Sexual harassment prevention measures* in the study were found that respondents who never gave physical resistance when experiencing sexual harassment 46.8%, would not report sexual harassment to the police or authorities when they received sexual harassment 47.6%, strongly disagreed with reporting sexual harassment to their families 47.6%, strongly disagreed with reporting sexual harassment to the PPKS task force 47.3%, and strongly disagree with reporting sexual harassment to the Women's Empowerment and Child Protection Office or related institutions 47.3%.

**Table 5.** Sexual Harassment Experience

| Question                          | Answer           | F   | %    |
|-----------------------------------|------------------|-----|------|
| Sexual harassment experience      | Ever             | 139 | 280  |
|                                   | Never            | 280 | 280  |
| Perpetrators of sexual harassment | Unknown people   | 95  | 68,3 |
|                                   | Friend           | 23  | 16,5 |
|                                   | Close friends    | 6   | 4,3  |
|                                   | Girlfriend       | 4   | 2,9  |
|                                   | Lecturer         | 1   | 0,7  |
|                                   | Family           | 1   | 0,7  |
|                                   | Sibling          | 9   | 6,5  |
| Where you experience abuse        | Campus           | 11  | 7,9  |
|                                   | House            | 21  | 15,1 |
|                                   | Public places    | 88  | 63,3 |
|                                   | Cost/rent        | 6   | 4,3  |
|                                   | Public transport | 9   | 6,5  |
|                                   | Workplace        | 4   | 2,9  |

## Discussion

Factors influencing sexual harassment on campus include power imbalance, between the perpetrator and the victim, both in academic and social relations, lack of knowledge about social boundaries, and patriarchal norm that objective women (Prabowo et al., 2025). Victims experience trauma, depredation, fear, and long-term difficulties in social interaction, which also harms the campus (Syukri et al., 2023)

The results of the study showed that the majority of respondents already had knowledge related to sexual harassment. However, it was also found that some respondents did not know about the forms of sexual harassment. Such as, 5,7% respondents did not realize that forcing someone to watch pornography is a



form of sexual harassment. The results of the study also found that there was no relationship between knowledge and sexual harassment prevention measures. This is not in line with other studies that say there is a relationship between knowledge about sexuality and anticipation of the risk of violence in adolescents (Delfina et al., 2021). And previous research has also said that there is a link between sexuality knowledge and adolescent sexual behavior (Rahma, 2018). The victim's ignorance that they have experienced sexual harassment is one of the reasons for the low reporting of sexual harassment (Lonsway, K.A., Cortina, L.M., & Magley, V.J, n.d.).

Regarding self-efficacy, most respondent applied it, though 26,7% of respondent disagreed that curfew restrictions are not effective in preventing sexual harassment and 26,7% respondents also strongly disagree with being able to choose crowded road routes. Based on the results of the study, it was found that there was a relationship between self-efficacy with sexual harassment prevention. Self-efficacy is an individual's belief in his ability to perform a certain behavior or achieve certain goals. Without self-efficacy or specific situational beliefs, individuals are not encouraged to do an activity (Athia et al., 2024). In the prevention variable, the majority of students have done not prevent well. However, in the study, it was found that several respondents had not taken preventive measures. At most, they never give physical resistance when they experience sexual harassment and will not report sexual harassment to the police or the authorities when they receive sexual harassment. This is in line with the results of another study stating that victims of sexual violence who do not report their cases to the police reach 80%. The reason is that cases of sexual violence are not helped much if handled by the police. They consider this a personal matter and are worried about the possibility of revenge (Sinozich & Langton, 2007).

The results of the study also stated that the majority of sexual harassment was carried out by strangers in public places reach 21% and the most received catcalling reach 43,2%. Catcalling includes sexual harassment because it involves the perpetrator, the victim, and the sexual element (Qila, Saffana et al., 2021). Catcalling is normalized under patriarchal culture (Stellarosa, Y., Firyal, S. J., & Ikhsano, 2018). With gender harassment and unwanted harassment are the most common forms of harassment (Gelfand, M.J., Fitzgerald, L.F. & Drasgow, 1995) . This is also in line with other studies showing that it is very rare for women to physically resist men in cases of sexual harassment.

Although students have knowledge and self-efficacy, these were insufficient to drive prevention . This is a challenge in dealing with sexual harassment in universities. The next challenge is the presence of victims who are reluctant to report and the tendency of the campus to cover up cases for the sake of the reputation of the campus (Susilowati, A.Y, 2022). Some sexual harassment that does not involve physical acts will be difficult to process legally due to weak evidence, especially if there are no witnesses (Artaria, 2002).

Therefore, universities must act not only reactively but proactively, providing safe reporting system, counseling and recovery services (Masriah et al., 2024). The establishment of the Sexual Violence Prevention and Handling Task Force (SATGAS PPKS) in higher education is one of the government's efforts to deal with sexual violence. In these efforts Providing a safe reporting platform for victims of sexual violence is one of the main responsibilities of the PPKS Task Force (Wahyuni, 2023).

## Conclusion

Students have knowledge and self-efficacy, but this does not necessarily encourage students to take action to prevent sexual harassment. This study also found that there was no relationship between knowledge and prevention of sexual harassment in college students. And there is a link between self-efficacy and sexual harassment prevention. Reporting of student harassment is caused because victims are not aware that they have become victims.

One form of effort to handle sexual harassment in higher education is the establishment of the PPKS Task Force. However, even though the PPK Task Force has tried to carry out its duties, its effectiveness is still limited. One of the main obstacles is the lack of socialization to students about the existence and function of the Task Force, which causes some students to not know how to report when facing sexual violence. Therefore, the researcher suggested holding a campaign in collaboration with the PPKS task force to increase knowledge and self-efficacy in students.

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