
Trauma and coping mechanism of sexually abused girls

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ABSTRACT

This paper explored the trauma and coping mechanism of sexually abused girls in one of the residential institution in dasmariñas, cavite conducted from june 2014 to february 2015. This study specifically aimed to determine how the trauma was experienced and how the sexually abused girls cope with their trauma. The study was a multiple case study design, mixed-method design. Self-made trauma questionnaire and coping questionnaire were utilized with a cronbach alpha of .91 while unstructured interview was employed to validate the result of the quantitative data. The study involved seven girls with different cases of sexual abuse, fingering, act of lasciviousness, rape, incest and sex trafficking. Trauma and coping mechanism were subjective phenomenological experience of every sexually-abused girls. Those who have closer relationship with her perpetrator have more tendencies to fall into severe or profound trauma. Betrayal is notably the highest mean score type of trauma where the abuse girls experience distrust, hostility, disenchantment, anger, blaming others and becoming more vigilant to other people. Active social coping is reported the most utilized and most helpful coping mechanism. Disclosure of the abuse and seeking social support help them the most to cope with the trauma brought by the sexual abuse experience

KEY WORDS: Incest, act of lasciviousness, rape, traumatic sexualization powerlessness, betrayal, stigmatization,

INTRODUCTION

Being sexually abused could probably be the most tragic experience to any woman, much more for a young girl. Sexual abuse is a serious and growing problem in the society. It is recognized to be a threatening issue because in reality it occurs in all social, economic, educational and professional level (taniajura, 2000).

Sexually abused children are the second most dominant cases handled by dswd next to physical abuse (29.6 % in 2009 and 27.3 % in 2010) and despite of the anti-rape law of 1997 (ra no. 8353), the most common sexual abuse is rape, followed by incest and acts of lasciviousness. Rape victims are predominantly female (97.6 % in 2009 and 90.5 % in 2010) as cited by virola (2011). Yet, the prevalence of child sexual abuse is tremendously difficult to measure. There is no exact number that can ascertain the cases of child sexual abuse

because of unreported cases. Perhaps, some victims may have difficulty disclosing what they have experienced. Hence, it may be as far as and more widespread than what the available statistics have. It is probably because sexual abuse is a crime covered by secrecy. It is the one subject society wishes to discuss the least because of its taboo nature and the stigma attached to it (taniajura, 2000).

From all the told and untold stories of sexually abused children, what is common between them is that these leave them more than scar, wound, pain and damage, a trauma they find hard to forget. Not everyone respond with the same intensity to a traumatic experience (weele, 2003). But what make the trauma of sexual abuse different from the other trauma is the feelings of betrayal, powerlessness, traumatic sexualization and stigmatization (center for prevention and treatment of child sexual abuse, 2010). Moreover, many researchers suggest that child sexual abuse can be severely traumatizing and emotionally damaging experience, with long-term negative consequences for many of the victims (avery et al., 2002; dinwiddie et al., 2000; hanson et al., 2001; lipman et al., 2001 as cited by crooks & baur, 2002).

Given the statistics, this study is focused on sexually abused girls age 15-17. Several variables affect the adjustment process on the road toward recovery and healing. One of these is the coping mechanism which is very essential. Coping from the experiences does not happen in just a single day, rather, it is a day to day struggle. The whole process of healing can be hard for the victim itself and to those people surrounding her. It is her tool and skill to deal with the abuse. She uses it to protect and take care of herself. It is important that she has something to hold on or release the wounds, pain, and damage she had from these (taniajura, 2000).

It is essential to have a study about sexual abuse. As supported by crooks and Baur (2002) better research is certainly needed in the area of child sexual abuse. It is an issue raised by center for prevention and treatment of child sexual abuse that there is a lack of studies and researches locally here in the Philippines on the topic. As an institution supervised by the department of social welfare and development, there is one residential institution established in dasmariñas, Cavite that provide care, protection and rehabilitation to girls who are victims of sexual abuse (rape, incest, acts of lasciviousness, sexual exploitation) exploitation, abandonment, negligence and physical abuse and maltreatment.

Moreover, it is the researchers' deep and personal desire in helping the sexually abused girls towards their healing and recovery and the earnest yearning of reawakening the society regarding this situation. The researchers wanted to be part of the organization with advocacy for a better understanding of what and how the victims of sexual abuse feel, think, and behave. It is the researchers' aspiration to encourage and continue the service and protection of children that drove them to the conduct of the study. This study determined the trauma and coping mechanism of the sexually abused girls specifically it aimed to discover how the trauma was experienced by the sexually abused girls in terms of: 1. Traumatic sexualization; 2. Powerlessness, 3. Betrayal, and 4. Stigmatization; identify how the sexually abused girls

cope from the trauma brought about by the sexual abuse experience in terms of: 1.Active coping, 2. Angry coping, 3. Avoidant coping, and 4. Internalized coping.

METHODOLOGY

The study utilized the purposive sampling since the goal of this study focused on certain criteria set. Purposive sampling was used because of some characteristics intended for the purpose of the study and based on the knowledge of the information desired (Calderon & gonzales, 2007). The study was conducted from June 2014 to February 2015. There were 38 sexually abused children in the institution, aged 1-18 as of 2nd quarter of 2014 but, the center only allowed girls aged 15-17 to undergo psychological interview. There were only 10 individuals who were fit to the set criteria: 1. Ages 15 to 17 years old; 2, length of stay in the institution for at least one month; 3. Must be willing to participate in the study. Out of 10 target clients, three of them went home and left the institution. Only seven remained to participate in the study.

This study utilized the multiple case study design with quantitative and qualitative data. For the quantitative part of the study, two sets of questionnaire: self-made trauma questionnaire and an instrument for coping mechanism were given to the participants with the guidance of a psychologist or social worker.

QUANTITATIVE INSTRUCTION

There were two sets of questionnaires used in the study, for the trauma part, self-made trauma questionnaire and for coping mechanism, coping questionnaire adopted from June b. Taniajura.

A. Self-made Trauma Questionnaire

This self-made trauma questionnaire is intended to measure the degree of trauma in terms of traumatic sexualization (36,16,3,23,2,22,25,5,11 and 31), powerlessness (27,7,33,13,6,26,9,29,4 and 24), betrayal (15,35,21,1,19,39,10,31,12 and 32) and stigmatization (18,38,28,8,17,37,14,34,20 and 40). The questionnaire consists of 40 situations. Responses on the situations was measured on a 4-point Likert-scale ranging from 1= never (hindi na), 2= sometimes (paminsan-minsan), 3= often (madalas), 4= always (palagi). Example items are "I want to die", "I lose trust to everyone", "I feel dirty", "I hurt myself", "I don't want to be attractive". Therefore, the nearer the rating to four, the greater the trauma the participant has.

Further, this instrument was subjected to content validity and an inter-item correlation was established with a Cronbach Alpha value of 0.91. The data were analyzed through its mean values with their corresponding degree; these were interpreted through the use of the following rating scale:

Scale	Verbal Interpretation	Mean Scores
1	Mild Trauma	1.00-1.74
2	Moderate Trauma	1.75-2.49
3	Severe Trauma	2.50-3.24
4	Profound Trauma	3.25-4.00

B. Coping questionnaire

This coping questionnaire was used by taniajura (2000) in her study coping mechanism of sexually abused children. The questionnaire consists of 24 questions which intends to measure the coping mechanism and its helpfulness in terms of: avoidant coping (1, 2, 3, 4, 5, 20, 21 and 24), example items for this are “natulog lang ako ng natulog” and “pinilit ko ang sarili ko na kalimutan”; angry coping (10, 12 and 13), example items for this includes “nagalit ako at nagsisigaw” and “naging matigas ang ulo ko”; internalized coping (6, 7, 8, 9, 11, and 19), example items are “nagsimba ako at nagdasal” and “sinisi ko ang sarili ko dahil sa nangyari” and active social coping (14, 15, 16, 17, 18, 22 and 23), example items are “naligo ako” and “pinagbuti ko na lang ang aking paga-aral”. Responses on the coping style were measured on a 3-point likert-scale ranging from 1= walang naitulong (did not help), 2= nakatulong ng kaunti (did some help) or 3= nakatulong ng malaki (did a lot help). There is an option of yes or no to measure the frequency of using the coping mechanism. The level of helpfulness of coping mechanism was interpreted using the following rating scale:

- 1.00-1.66 – did not help
- 1.67-2.33 – did some help
- 2.34-3.00 – did a lot of help

Qualitative instrument

The unstructured interview questions for trauma were based on the assessment questions of center for the prevention and treatment of child sexual abuse (cptcsa) guided by the traumagenic dynamics model. Sample questions include “what do you think about your body?” for traumatic sexualization, “how did that make you feel?” for stigmatization, “why did you trust the abuser?” for betrayal, “what do you want to do now about what happened?” for powerlessness. The researchers, together with the resident psychologist/head, had a debriefing process to ensure that neither physical nor psychological harm would happen because of the conduct study. Pseudonyms were used to conceal their identity.

RESULTS AND DISCUSSION

Table 1. Degree of trauma in terms of traumatic sexualization, powerlessness, betrayal and stigmatization.

CASE	DEGREE AND TYPES OF TRAUMA			
	TRAUMATIC SEXUALIZATI ON	POWERLESSN ESS	BETRAYAL	STIGMATIZATI ON

	M	SD	VI	M	SD	VI	M	SD	VI	M	SD	VI
Mcute	1.33	0.5	*	1.67	1	*	1.5	0.7	*	1.67	0.5	*
Mjoy	2.44	1.24	**	1.78	1.2	**	2.1	0.9	**	2.56	1.33	***
Smartypants	1.78	0.97	**	2.67	1.22	***	2.8	1.3	**	3.33	0.71	****
Ar	1.44	0.53	*	1.78	0.97	**	1.7	0.4	**	1.33	0.71	*
Amazing J	1.44	1.01	*	1.67	1	*	2	1.3	**	1.44	1.01	*
Roma	2.22	0.83	**	2.67	1.12	***	2.6	0.8	**	2.56	1.01	***
Redsmile	1	0	*	1.33	0.5	*	1.2	0.4	*	1	0	*
TOTAL	1.66			1.94			2.0			1.98		
							3					

Legend: 1.00-1.74 – mild *
 1.75-2.49 – moderate**
 2.50-3.24 – severe ***
 3.25-4.00 – profound ****

Table 1 reveals that among the types of trauma, four (mcute, x = 1.67, ar, x = 1.78, roma, x = 2.67 and redsmile, x = 1.33) of them have experienced powerlessness (x = 1.94) in varying degree from mild to moderate. Three (ar, x = 1.78, amazing j, x = 2.0 & roma) of them have trauma in terms of betrayal (x = 2.03) from moderate to severe. Three (mcute, x = 1.67, mjoy, x = 2.56 and smartypants, x = 3.33) of them have tremendous traumagenic dynamic in stigmatization (x = 1.98) from mild to profound. None of them displayed trauma brought about my traumatic sexualization, the mean score ranges 1.0 to 2.44 falls from mild to moderate which did not stand much significant psychological pain among sexually abuse. What is much apparently significant psychological impact that is making hard for the sexually abused to recover is the traumagenic dynamic of betrayal (x = 2.03). It involves disenchantment and disillusionment, hostile, anger, suspiciousness (finkelhor & browne, 1985; cptcsa, 2010). Betrayal refers to the feeling, thoughts and behavioral manifestation that respond to distrust, hostility, anger, blaming others and being cautious. Stigmatization (x = 1.98), the next in row causing psychological shock suggests behavioral responses such as badness, worthlessness, shameful and guilt. Meanwhile, powerlessness (x = 1.94) happens when the victim feels fear, anxiety, trapped, helplessness and hopelessness and suicidal ideation.

According to kendall-tackett, et al as cited by de la cruz (2002), there are developmental reactions of children to sexual abuse, preschool (3-6yrs) anxiety, nightmares, inappropriate

sexual behavior , school-age children(7-12yrs) fear, mental illness, aggression, nightmares, school problems, hyperactivity, regressive behavior. Adolescents (13-20) depression, withdrawn, suicidal, or self-injurious behaviors, physical complaints, illegal acts, running away. Traumatic sexualization simply means that the child or adolescent learned something inappropriate about sex due to the sexual abuse experienced. The dynamic is that the abuser exchanges attention and affection for sex. From the experience, children may think that sex is love. Children can become promiscuous because they believe that showing love is done through sex. They also show confusions and misconceptions about sexual norms and tend to have aggressive sexual behaviors. It appears that none of the respondents turned out to have traumatic sexualization, it can be implied that at their present age, they are no longer confused or having misconceptions about expressing love from lust. They can differentiate a touch with and without malice.

Betrayal turned out to be on the top of the rank and especially important to consider when the abuser is within the family where the child learns support and intimacy, the child’s natural trust and vulnerability are manipulated. The child could become extremely dependent and with impaired ability to judge trustworthiness of others and so easily attaches to others. The child also mistrusts men and feels anger and hostility (cptcsa, 2010).

Table 2. Themes conceptualized in response to types of trauma experienced by the sexually abused girls

THEMES CONCEPTUALIZED IN RESPONSE TO TRAUMA			
	f	%	TOTAL %
TRAUMATIC SEXUALIZATION			
Attraction towards sexual ideas	4	57	
Sexual Fantasy	1	14	
Challenge	3	43	
Acceptance	3	43	
TOTAL			39
POWERLESSNESS			
Fear	7	100	
Sleeping problem	3	43	
Shock	3	43	
Suicidal thoughts	2	29	
Recurring memory	5	71	
Helplessness	3	43	
Hopelessness	5	71	
Hurt	4	57	

Isolation	2	29		
Anxiety	2	29		
Disorientation	2	29		
Dependence	1	14		
TOTAL			46	2
BETRAYAL				
Distrust	7	100		
Hostility	2	29		
Disenchantment	6	86		
Anger	5	71		
Blaming others	1	14		
Vigilant	3	43		
TOTAL			57	1
STIGMATIZATION				
Low self worth	6	86		
Shame	2	29		
Self-blame	4	57		
Guilt	2	29		
Low Self-confidence	1	14		
TOTAL			43	3

Table 2 is the revalidation of the result of table 1. Table 2 is the summarized result of the qualitative data from interview and their responses were extracted to come up with different themes. Apparently, there is a consistency of the data given in table 1. Betrayal (see table 1 $x = 2.03$) topped the responses to 57 percent, which the 7 sexually abused girls have developed distrust to others including opposite sex. Betrayal occurs when the victim's perpetrator is someone whom she trusted, and how her family, friends and the environment reacts about the abuse. The victim may doubt and be suspicious about how others treat her. Betrayal makes a person lose trust, blaming other, be hostile and angry towards those whom they know and even more to a stranger and become vigilant so that he/ she will not be a victim again.

Although in table 1, stigmatization ($1 x = 1.98$) appears to be on the second highest mean score, table 2 displayed that powerlessness as second in ranking. Majority of the responses were identified under the theme of powerlessness, representing an average of 46 percent; 100 percent of the victims expressed fear of sexual abuse. Stigmatization appears to be the third highest percentage, 86 percent turned to develop low self-worth. Stigmatization takes place when the victims put the blame on self and feel guilty about what happened. They thought that they have experienced the abuse because they led the perpetrator to do it or they did not do something to stop the abuse. For this reason, they end up feeling ashamed having low self-worth and low self-confidence.

Lastly, traumatic sexualization, being consistent with the result in table 1, it has the least number of percentage of the responses. Traumatic sexualization comes in when the victims experience the abuse, and learned something about sexual acts that seems to be inappropriate to their age, it leads to confusion and misconceptions such as sex being done in love as they attracted to sexual thoughts and sexual fantasy (as shown in table 2) where the victim has the tendency to increase in sexual desires or not wanting at all. They may express that they want or easily accept what happened to them or take it as a challenge that sexual abuse is part of life's trial and there are still a lot of things to enjoy in life. Apparently, traumatic sexualization does not apply to ages 15-17 because at this age, they are neither confused nor having misconceptions about sex and expression of love.

It only shows that trauma has major impact only in three traumagenic model: betrayal, powerlessness and stigmatization among the sexually abused.

Powerlessness come into view when the sexually abuse has perpetrators who scare through death threats and making the victim think that no one will listen and believe them which makes them experience, fear, feeling of helplessness, hopelessness, hurt, isolation, anxiety, disorientation and dependence. Also, these give them a feeling of shock and being unable to do something to get out of the situation. They experience sleeping problem, shock, and worst, suicidal tendencies. Some also feels the re-occurrence of the abuse through nightmares as seen in table 2.

Table 3. Frequency distribution of the types of coping mechanisms and its degree of helpfulness to sexually abused girls with sexual traumatic experience.

TYPES OF COPING MECHANISM AND ITS DEGREE OF HELPFULNESS														
CASE	ACTIVE SOCIAL COPING						DEGREE OF HELPFULNESS	ANGRY COPING						
	YES		NO		M	S		D	YES		NO		M	S
F	%	F	%	F			%		F	%	F	%		
Mcute	4	57	3	4	1.4	0.7	*	2	67	1	33	1.3	0.5	*
			3	3	9							3	8	
Mjoy	6	86	1	1	2.7	0.7	***	3	10	0	0	2.3	0.5	**
			4	1	6			0				3	8	
Smartypants	7	100	0	0	2	1	**	1	33	2	67	1	0	*
Ar	4	57	3	4	2.7	0.4	***	0	0	3	10	2.3	1.1	**
			3	1	9							0	3	5
Amazing J	5	71	2	2	2.5	0.7	***	0	0	3	10	2.6	0.5	***
			9	7	9							0	7	8
Roma	5	71	2	2	2.1	0.9	**	2	67	1	33	2	1	**
			9	4										
Redsmil	5	71	2	2	2.4	0.9	***	0	0	3	10	1	0	*

		e						0								
TOTAL		9			3			8			1.8			4t		
		2.2			1st			8			1			h		
		AVOIDANT COPING						INTERNALIZED COPING								
Mcute	3	38	5	6	1.6	0.7	*	3	50	3	50	1.6	0.8	**		
					2	3	4					7	2			
Mjoy	6	75	2	2	2.3	0.7	***	3	50	3	50	2.5	0.8	***		
					5	8	4						4			
Smartypants	2	25	6	7	1.6	0.7	*	4	67	2	33	2.3	0.8	**		
					5	3	4					3	2			
Ar	4	50	4	5	2	0.9	**	4	67	2	33	2.5	0.8	***		
					0	3							4			
Amazing J	4	50	4	5	2.6	0.7	***	2	33	4	67	2.5	0.8	***		
					0	3	4						4			
Roma	7	88	1	1	1.8	0.8	**	3	50	3	50	1.8	0.9	**		
					2	8	3					3	8			
Redsmile	7	88	1	2	2.1	0.6	**	4	67	2	33	1.6	0.8	**		
					2	3	4					7	2			
TOTAL					2.0	3r						2.1	2nd			
					4	d						4				

Legend: 1.00-1.66 – did not
1.67-2.33 – did some help **
2.34-3.00 – did a lot help ***

Table 3 illustrates that the notably highest mean score among the types of coping mechanism of the sexually abused is the active social coping (x = 2.28) which according to them did some help to overcome their trauma. Active social coping strategies are helpful to some extent among mjoy (x = 2.71), ar (x = 2.71) redsmile (x = 2.43) and roma (x = 2.14). Second to the highest mean score is internalized coping (x = 2.14), a strategy used by mcute (x = 1.67), smartypants (x = 2.33) to overcome their trauma on sexual abuse. Although avoidant coping appears to be the third to the highest mean score (x = 2.04), it seems that none of the respondents chose this category. It does not appear to be an effective means to recover from their trauma. Among the respondents, amazing j (x = 2.67) is the sole user of angry coping (x = 1.81).

Table 4 Themes Conceptualized in four types of coping mechanisms by the sexually abused in response to their experienced trauma.

THEMES CONCEPTUALIZED IN COPING MECHANISM

	f	%	TOTAL %	Rank
ACTIVE SOCIAL COPING				
<i>Seeking social support</i>	6	86		
<i>Disclosure of the abuse</i>	7	100		
<i>Regaining self-protection</i>	6	86		
<i>Acceptance</i>	5	71		
<i>Sublimation</i>	5	71		
<i>Cleansing</i>	6	86		
<i>Self- motivation</i>	3	43		
TOTAL Active Social Coping			78	1
ANGRY COPING				
<i>Angry-Shouting out Loud</i>	4	57		
<i>Blaming others</i>	2	29		
<i>Refractory</i>	4	57		
TOTAL Angry Coping			48	4
AVOIDANT COPING				
<i>Distraction</i>	5	71		
<i>Minimization</i>	5	71		
<i>Suppression</i>	7	100		
<i>Thinking happy memories</i>	5	71		
<i>Wishful thinking</i>	6	86		
<i>Sleeping</i>	2	29		
<i>Using Substance</i>	1	14		
TOTAL Avoidant Coping			63	2
INTERNALIZED COPING				
<i>Praying</i>	5	71		
<i>Self-blaming</i>	5	71		
<i>Self-keeping</i>	2	29		
<i>Self-isolation</i>	2	29		
<i>Crying</i>	6	86		
TOTAL Internalized Coping			57	3

Table 4 shows the themes extracted from their responses and many ideas popped up in each every coping strategy they use. Rank 1 is active social coping with 78%; second in rank is the avoidant coping with 63 %; third in rank is the internalized coping with 57 %; lastly the fourth in rank is the angry coping with a total of 48 %

Only active social coping (rank 1) and angry coping (rank 4) appears to be consistent with the result in table 1 as the dominant and the least used coping style. However, in the study of taniajura (2000) with 45 children at 3 different centers at ncr, it revealed that the children's endorsement rating of the coping from the highest to least are as follows: a) active social coping (40%); b) angry coping (26.7 %); c) avoidant coping (13.3%), d) internalized coping (11.1 %) and e) preferred 2 or more (8.7 %). Internalized coping is like staying at home, withdrawing from others and self-blaming, such acts are considered being maladaptive. This study validates the children's perception that the most helpful coping mechanism is active social coping.

Active social coping:-

Active social coping comprises taking an action towards recovery through joining different activities and/or organizations and seeking for support from family, friends and other people. As adopted in the study of taniajura (2000), it involves an active attempt to remove or change the stressful situation.

Seeking social support:

Six of the sexually abused girls sought social support. They approached their immediate families or friends. At some point, not all of them believed and willing to cooperate, so they resorted to another person whom they think could help them lessen the pain, so they can easily recover. As mjoy, stated, "Pakiramdam ko hindi ko kaya ng mag-isa, mahina ako sa loob na sabihin na mag-isa po ganun," ar stated, "sa pamilya ko po, lumakas po yung loob ko, masaya po ako na kahit mahirap kami hindi po nila ako hinuhusgahan". Some members of the immediate family whom they expected to help them, refused to believe them and expressed unwillingness to be of assistance to them. As mcute, stated, "oo kaso walang natulong sakin, kasi nung pinagtapat ko walang ginawang aksyon kasi inareglo", and smartypants said, "oo kaso wala naman talaga halos tumulong sakin nung una sumama lang loob ko."

Disclosure of the abuse:-

All of the girls disclosed their sexual abuse experiences with their perpetrators. They did this as an active attempt to get rid of the repetition of another sexual abuse. They think that disclosing the abuse will help them find hope and be freed from the traumatic experience. Also, as support by the statement of smartypants, "nalutas yung problema ko, nawala ako sa poder ng papa ko hindi na niya nagawa sakin yun. Disclosing the abuse would also help them attain justice to what happened to them. Roma said, "sila po ang nagudyok na magsabi po sa pulis para magkaroon nga po ng katarungan po yun nangyari sa akin. They also found answers and learned that it was not their fault and they should not be ashamed of what happened. Through other people, they realize their worth and learned that they are the victim. As ar said,"yung binibigyan po nila ako ng payo saka po lagi nilang sinasabi sa akin na yung

nangyari po sa akin, hindi ko daw po dapat ikahiya, yung accused ko daw po yung dapat mahiya"

Regaining self-protection:-

Six of the participants actively regain their self-protection through leaving the traumatic experience. They find ways and went to a place where they feel safe and protected. They also felt that they were not tied up from the abuse or the perpetrator. As mjoy stated, "nagkaroon ako ng kapanatagan." for ar, "Umuwi po ako sa bahay, pakiramdam ko po safe ako dun", and for roma "ginawa ko po pumunta ako kina roly [boyfriend]".

Acceptance:-

Five of the respondents found relief through understanding and acceptance of other people of the sexual abuse experience and the victims' traumatic feeling. They felt that they are accepted and understood being in that situation. They also felt that finally they are free from their perpetrator. As redsmile said, "naipaliwanag at naiintindihan po nila ako. Narealize ko na yung pakikipag-usap dun sa nakakaintindi at nakakaramdam sa 'yo nakakagaan po ng sinasabi mo...nung nasabi ko yun, parang pakiramdam ko lumaya ako, atsaka sa pastor din namin nakatulong sa akin makaalis sa sitwasyon na yun," smartypants revealed. By the virtue of acceptance, they also had the courage to fight against their perpetrator because they know that there is someone whom they can count on. Roma said, "*naniwala po sila sa akin, at sinuportahan po nila ako, para po bang lumalakas yung loob ko.*"

Sublimation:-

Five of the sexually abused girls involve themselves to their studies. They continue their education and have the belief that the sexual abuse would not be a hindrance for them to reach their dreams. These are their key tool towards recovery. As redsmile stated, "Lahat po ng oras nilaan ko sa pag-aaral para po makatapos po ako". Amazing j added, "inisip ko na kailangan ko po magpursigi para matupad ko po yung mga pangarap ko at nakatulong kay mama," likewise, smartypants, "oo, nagkaroon ako ng bagay na ipagmamalaki at di ko naisip yun"

Cleansing

Six of the sexually abused girls took a bath after the sexual abuse to cleanse their body. Mcute stated, "pakiramdam ko nalinis ako," likewise, smartypants, "naginhawaan ako naramdaman kong luminis ako." it also gave them a sense of warmth but this just gives them a little relief because they think that what was taken away from them would never be given back. As ar said, "nararamdaman ko pa rin po siya kase hindi ko na po maibabalik" and roma stated "opo, naligo ako, maraming beses po ako naliligo kaya napapagalitan po ako ng nanay ko, nauubos daw po damit ko, sabi ko nalang po madami naman akong damit nasa maleta pa nga...Parang natatanggal po yung pagkadumi ko po."

Self-motivation

Three of the sexually abused girls are self-motivated to strive harder and reach their dreams in life. They want to prove their worth and somehow would be able to revenge positively by being a successful person in the future. Ar protested, "Inisip ko po na kahit lugmok po ako babangon ako."

Active coping mechanism was the most helpful way to recover from trauma by simply engaging themselves to several activities with friends and become productive. Most of them felt the need to take a bath because of the nasty feeling of getting foul as if the body was full of dirt. They also take traumatic experience as a self-motivation to become courageous to life's challenges. They sublimate towards studies as an avenue to become a better person. Being great at school makes them feel worthy. Most importantly, the disclosure followed by the understanding and acceptance of other people made them easily cope from the trauma caused by sexual abuse. Most of the professionals view active coping as the most helpful. Victims of rape mention coping mechanisms like obtaining support from family and friends, expressing feelings or talking about the rape, making life changes using precautionary behaviors and entering counseling as most helpful to them in their recovery (calhoun, 1991 as cited by taniajura, 2000).

Angry coping

Angry coping constitutes social withdrawal, self-criticism, reliance on religion and resignation. As adopted in the study of taniajura (2000), it is focusing and venting of the

Emotion.Angry-shouting-out-loud

Four of the sexually abused girls reported that they were angry and shouting to release their negative emotion towards the abuse they experienced and other difficulties they endured. As what mjoy and roma shared, "oo, kasi nalalabas yung damdamin ko", "yung galit ko po, nalabas ko, hindi ko po makontrol". For them, it is useful means to make them feel free and lighter emotional baggage. Mcute expressed that she need to release her pent up emotions because the longer she keeps it, the more painful it is. She revealed, "gusto ko lang kasi ang hirap kimkimin nun sa loob." meanwhile, amazing j declared that "pag nagagalit po ako, lalo po ako nagiging matapang." according to her, it somehow gives her the courage to continue facing life's challenge despite her horrible experience.

Blaming others:-

Two of the sexually abused girls blame other people for what happened to them. Mjoy said, "opo, kaso nandun padin yun", it does not help her much and she thought that it would not lessen nor ease the pain she had. Meanwhile, smartypants' sentiment is it was deeply rooted, pointing to their neighbors. As she said "oo, kung di sila nakikialam magkakasama pa sana kami."

Refractory:-

Four of the sexually abused girls became obstinate and somehow hostile. Mcute, said that “naging malakas loob ko na gumawa ng desisyon sa sarili ko”, she felt that somehow she does not need an authority to make decisions for her. Roma said, “nagtetengang kawali po ako sa paligid ko kunwari wala akong naririnig. Ganun...Binabalewala ko po yung ibang magagandang sinasabi po sa akin.” others perceived them as hostile and liars or fabricating stories and for these reasons, it worsens their status quo and jeopardizes the situation.

Initially, sexually abused girls released their emotions by getting angry and shouting out loud, blaming others and becoming wayward. Being rebellious as a way to cope makes them feel capable to decide on their own. This simply means that angry coping actually helped the sexually abused girls through venting out the emotion either to other person or things. As mentioned by petrak and hedge (2004), the emotion of anger is a common response to abuse and may be necessary to help client articulate anger, vengeance, and justice fantasies and to differentiate these from real intended plans of harm.

Avoidant coping

Avoidant coping includes denial, distraction, wishful thinking, minimization, suppression, or memory suppression. As defined in the study of taniajura (2000), it is a way of coping that involves distortion and withdrawal from the act of stress.

Distraction

Five of the sexually abused girls admitted that they use distraction as a form of coping to divert their attention. Mcute affirmed, “opo, para pong nalilimutan ko yung nangyari sa kin sa pakikinig ng radio at nalilibang ako sa panunuod ng t.V.” it is not distant from what other girls said. According to mjoy, “opo, nawala po yung problema ko po sa aking puso at isipan.” amazing j also declared, “nakakalimutan ko po yung nangyare sa akin.” listening to radio is one way of coping mechanism by distracting their attention so that they will not preoccupied with the thoughts of sexual abuse. In fact, according to roma, “pag nakikinig po ako ng radio ay nakakarelate ako dito,” playing with other girls is also a helpful means to cope to avoid the recurring memories of abuse. As roma stated, “inaliw ko ang aking sarili sa paglalaro.. Chinese garter po, badminton po, volleyball, pag konting pahinga po pag napapagod ako, naalala ko po kaya dapat dire-deretso pong laro.” meanwhile, redsmile learned to focus on things that are helpful for her, as she stated, “nakakalimutan ko po siya at nakatuon po ako sa kapatid ko.”

Minimization

Five of girls utilized minimization as an avoidant coping mechanism. They see their experience as less traumatic compared with the others. As redsmile said, “kung pagbabasihan po kase, hindi siya sobrang bigat, kumpara po dun sa iba” and for ar, “opo, hindi naman po kase sobrang lubha nung nangyari sa akin, saka po buo pa po ako”. The experience was also perceived as a challenge, “inisip ko po na pagsubok lang po, na matatapos din po”, roma stated. Also, through minimizing, they perceive the experience in a brighter side of life, they feel less self-pity. Mjoy stated, “oo, syempre po mas gumaan yung pakiramdam ko parang di ako naawa sa sarili ko.”

Suppression

All of the sexually abused girls are making ways to suppress the frequency of the recurrence of painful memories. “opo, pag di mo inaalala yung sakit makakalimutan mo yun, yung di mo binabalikan yung mga pangyayari,” mcute declared. Amazing j affirmed, “nababawasan po yung lungkot.” suppression lessen the depressing feeling brought by the abuse. Although they admittedly suppressing such painful memories, it only provide them a temporary escape, the memory still remains in the subconscious. It re-occurs through flashbacks. As smartypants revealed, “kahit pilitin kong kalimutan naiisip ko pa din kasi yun yung iniisip kong kalimutan.” likewise, mjoy stated that “kaso mahirap lang din kalimutan, bumabalik lang din habang kinakalimutan mo,” and roma said, “pinipilit ko po pero lalong bumabalik po.” paradoxically, the more they wanted to forget, the more it inculcate in their minds because of the intention, conscious and forceful suppression of painful thoughts.

Thinking of happy memories

Five of the girls engage in thinking of happy memories to cover up the traumatic experience. This includes memory of their family and their dreams. According to redsmille, “Pag nag-iisip po ako ng magandang bagay kasama ko po yung kapatid ko, natutuon po yung isip ko dun.” similarly, roma said, “iniisip ko po yung pamilya ko na nagtatampisaw kami sa tubig,” for amazingj, “yung mga pangarap ko, maging nurse po.” through this, they experience a transient escape from the memory of devastating experience and somehow give them hope as mjoy, stated “nagkaroon ako ng pag-asa.”

Wishful thinking

Six of the girls are into wishful thinking to somehow alter the memory of trauma. They wishfully think the opposite happened, such that the sexual abuse did not come into play. Amazing j said, “sabi ko sana hindi na lang sa akin nangyari yun.” despite the fact that damage has been done, they still keep on wishing that it did not happen. Smartypants said, “nung nag-wish ako nagkaron ako ng pag-asa,” redsmile stated, “kapag nagwiwish po, pakiramdam ko naman po minsan hindi natutupad, minsan hindi.” however, for roma, wishing does not really help at all, she expressed, “nag-wish ako na sana hindi nangyari ‘to, na sana buo pa po kami...pag nagwi-wish po ako binabawi ko rin po parang hindi po nakakatulong kase nagwi-wish pero hindi na magkakatotoo.”

Sleeping

Two of the girls resort to sleeping to refrain from thinking of the abuse. This coping helps them stop thinking about the abuse while asleep and it does not become part of their dreams. However, as they wake up, still ,he abuse is the first thing that comes to their mind. Redsmile said, “sa pagtulog hindi ko po siya napapaniginipan pero pag gising ko po minsan naiisip ko pa rin po”

Using substance

One of the girls gets herself involved in different addictive substances. This includes marijuana, cocaine, and alcohol. However, it just temporarily forgets the sexual abuse. Also, she realized that it was not really helpful coping because of its negative effect on her health.

Roma said, “opo, marijuana, cocaine, alcohol lalo lang po akong napasama”

Several means of avoidant coping mechanism were laid down to suppress the memory or distract themselves by thinking about other things, engage in happy thoughts, sleeping and use of addictive substance. They were desperate to deny that the abuse ever took place. These are actual defense unsorted by victims to protect themselves from their terrible experience (marcelino et al., 2000 as cited by Lontoc et al., 2006). Taken positively, the victims are aware that these would only give them temporary relief.

Internalized coping

Internalized coping involves isolation, self-blame, guilt and shame. As used in the study of Taniajura (2000), it involves the keeping of things to oneself keeping others from knowing how bad things are.

Praying

Five of the girls believe that praying helps them get rid of the trauma. Mjoy said, “oo, kay lord naman tayo umaasa lahat kapag nagigipit”. They pray that god would give them courage and strength as it is part of circumstances in life. Ar stated, “opo, sana bigyan po ako ni lord ng lakas at tulungan niya po akong makabangon at harapin yung pangyayari”. Through internalizing, they had a clearer vision of what they should do, later in life, “nagkaroon ako ng malinaw na goal sa buhay.”

Self-blaming

Five of the sexually abused girls blame themselves for what happened. They think that they let the perpetrator abuse them. They have also become too close to the perpetrator. They also were not able to fight and protect themselves. Smartypants said, “sinisi ko ang sarili ko, kung hindi sana ako naging malapit sa daddy ko,” for mjoy, “oo, kasi naging mabait ako masyado kaya naging ganun” and in amazing j’s case, “tama naman po kasi si mama tatanga-tanga ako, hindi ko muna po iniisip” however, on the later part, they realized that self-blame would not do any help. Ar said “opo, pero hindi yun nakatulong kase hindi ko naman po yun ginusto saka nangyayari din naman po yun na dahil gusto po nung accused na ganunin po ako” and supported also by roma’s statement, “sinasabihan ko po yung sarili ko na putang ina ako, andumi kong babae na haharap ako sa salamin, ito na ba yung babaeng to, iba ka na.”

Self-keeping

Two of the sexually abused girls keep to themselves the abuse. Redsmile's reasoned her fear to her older brother, "Opo, hindi ko po sinabi sa kapatid ko kase natatakot po ako sa magagawa ni kuya." Mjoy on the other hand, keeping the abuse to herself, gives her more time to contemplate and plan for what she should do, she said "oo, nagkaron ako ng oras mag-isip muna."

Self- isolation

Two of the girls choose to isolate themselves but it did only some help to them. According to smartypants, "oo, slight lang naitulong kasi nung nagkulong ako lalo lang ako nag-isip ng kung ano-ano". On the other hand, for redsmile, isolating herself, makes her free to do what she wants to do, she said "opo ginawa ko rin po yun, kase sa pagkulong ko po sa kwarto, ... nagagawa ko po yung gusto ko..Pero konti lang naitulong nito sakin."

Crying

Six of the girls venture to crying as an avenue to release the traumatic feeling. Mjoy stated, "opo, kasi na-release dun yung nararamdaman ko." but crying just gives them temporary relief, for them when they cry, they release the emotion, but the memory of the abuse will never be gone in the subconscious level. Smartypants said, "oo, kaso di nakatulong kasi pag umiyak ka sasabihin mong nailabas mo na yung emosyon mo, pero babalik pa rin naman yun" also, redsmile stated, "opo, sa pag-iyak, diba po sabi nila, iiyak lang para mawala, nakatulong ang pag naiyak pero, nabalik din po. On the other hand, for roma, crying does not help her because she thought it would be better if she would just tell the abuse to others, she said, "umiyak po ako ng umiyak simula nung nangyare yun sa akin, parang bumabalik din po. Naisip ko yung pag-iyak ko bang yun makakatulong sa akin? Hindi naman! Dapat nagsumbong na lang ako,"

Internalized coping like crying, praying, withdrawing from others or self-isolation, self-keeping or staying at home may somehow help them but admittedly giving them transient relief and at times maladaptive. Most of the sexually abuse girls recognize the weakness of each coping mechanism they use and striving to recuperate from what was lost from them. They do not want to consider themselves a victim; hence, they seek social support and justice. Victims cease to become victims when they begin to seek for help and blame their abusers and not themselves. They are called survivors because they have learned to recognize their pain and their innocence (taniajura, 2000).

Table 5 The summary of profile, degree and types of trauma encountered and the coping mechanism used by the sexually abused.

CASE	AGE	TYPES OF SEXUAL ABUSE	DEGREE OF TRAUMA	TYPES OF TRAUMA	COPING MECHANISM
Mjoy	16	incest, raped by father since 1 year old, brother along with cousin	Severe	Stigmatization	Active Social Coping
Ar	17	fingering	Moderate	Powerlessness & Betrayal	Active Social Coping
Roma	16	incest raped by uncle since aged 6 and by her father	Severe	Powerlessness & Betrayal	Active Social Coping
Redsmile	15	act of lasciviousness	Mild	Powerlessness	Active Social Coping
Mcute	16	lived-in with bf, mother filed raped case against bf	Mild	Powerlessness & Stigmatization	Internalized coping
Smartypants	15	raped by father since age 4	Profound	Stigmatization	Internalized coping
Amazing J	17	sex trafficked by 2 aunties	Moderate	Betrayal	Angry Coping

It can be seen in table 5 that sexually abused girls have different cases of sexual abuse encountered from fingering to incest, hence, the degree of trauma is from mild to profound with several combinations of traumagenic dynamic and style of coping mechanisms to cover up their trauma. Indeed, sexual abuse is one of the most devastating trauma. Its effect can be manifested in many ways and certainly can be severe. However, tower (1996) as cited by taniajura (2000) explains not every child is affected by the sexual abuse in the same way. The degree of trauma the child experience depends on several variables; the type of abuse; the identity of perpetrators; duration of abuse; extent of abuse; age at which child is abused; first reaction of significant others at disclosure; the point at which the abuse was disclosed; and the personality structure of the victim.

Mjoy is a sixteen years old girl. She has five siblings presently in first year high school. She stayed in the institution for seven months. She was referred to the institution by her aunt for the case of rape. According to her she was raped by her father from age one until fifteen years

old. Her father fondled, fingered, and penetrated her. She revealed about this to her brother with anticipation that she would be taken care of, but unfortunately, her brother raped her too. She was hanged and fingered at the same time by her brother along with her other cousins. Then, she told everything to her cousin realiza whom she considers as her best friend. Realiza helped her to go to the police station and her father was arrested. After some trials her father was convicted and sentenced for a twelve year imprisonment. She was first sent in an institution in gumaca, quezon; she stayed there for five months in the institution. There, she attempted to take her life by cutting herself.

Ar is a 17-year old girl. She is the youngest among her six siblings. She finished up to grade 8. She has been in the institution for five months. She was 15 when she experienced the abuse and it happened to her twice. She filed a case against her perpetrator who is the benefactor of her education. She experienced fingering. First was in the living room and was locked up in the bathroom for the second time. She was threatened by her perpetrator. She tried to escape but her perpetrator stopped her. She had a chance to disclose the abuse to her father when she went to the capilla. Her father told her to leave the house immediately. Her father even threatened that he will kill her perpetrator. After that, she was not still able to go home because she was brought to calamba; she was asked by the children of her perpetrator if it is true and she said yes. The children told her that they will go to the dswd and file a complaint. When they went there, she was shocked that the family of the perpetrator told the social worker a different story. They were going to file a blotter case against her father instead because of the threatening texts. The social worker talked to her but she was afraid to tell the truth because the wife of her perpetrator threatened her. So, the social worker from the dswd told the wife to file the complaint to the police station. Then, ar was able to reveal the real story of her abuse.

Roma, a 16-year old girl. She finished only elementary education. She has been in an institution for seven months. She filed cases against her perpetrators; her uncle and father. She first experienced the abuse when she was six years old. She was first raped by her uncle. The sexual abuse only stopped when she was 11 years old when her uncle moved to another place. She thought that she already escaped from that traumatic experience, but when she turned 12 after she graduated elementary, her father raped her too. Her father gave her all that she wanted in exchange for having sexual intercourse. She informed her mother of the abuse but did not believe her and told her that she was crazy. When she turned 15, it was the time she started to become rebellious, took alcohol and illegal drugs. She only had the strength to report what happened when she met her boyfriend and told her that he will support her on her case. She also disclosed it to her cousin. Her family did not support her with her case; it was the brother of her boyfriend who helped her. She won her case against her uncle but withdrew the case against her father for the reason that she cannot bear to see her mother loosing a husband and her younger sisters to loosing a father. She warned her father not to do the same thing to her younger sisters, otherwise, she would not hesitate to have him sent on jail.

Red smile is 15 years old and has seven siblings. She was brought to the institution by her brother and the social worker. She has been living in the institution for one year and two months. Her case was acts of lasciviousness. According to her, there was a banquet in their

house, so her brother invited his friends and had a few drinks. She was in the living room when her brother's friend suddenly touched her from the shoulder downwards. She immediately moved away before he reached her breast. Two weeks have passed and she still did not inform her older brother about what happened but told it to the sibling of her brother's coworker. She was afraid to tell it to her brother so it was her brother's coworker who informed him.

Mjoy, ar, roma and redsmile shouldering different level of trauma: severe, moderate, severe and mild respectively, have developed different types of trauma: stigmatization, powerlessness and betrayal but have used active coping style in order to recover from the painful experience and memories brought by the abuse.

Mcute is a sixteen year old girl and has nine siblings. She finished secondary education and plans to take-up culinary arts. She used to live with her grandparents. She was with her grandparents who used to take care of her since birth and according to her; she was spoiled by them. Anything she wishes is always granted. An incident happened and changed her life. She was alone in the house when she was forcedly hugged from the back by his grandfather's friend. She reported what happened but it was pleaded to be settled by her parents. As a solution, she asked to move to her mother's house. Under the custody of her mother, she felt being tied up and later, she became rebellious to her mother. She was introduced to someone by her cousin and later became her 14th boyfriend. Her boyfriend is nine years older than her, which makes her mother opposed to their relationship. They lived-in together for quite some time before she was taken back by her mother. She was sent to the institution because she refused to leave her boyfriend. Her mother filed a rape case against her boyfriend and the case is still on going. According to mcute, she does not consider it rape because she wanted and allowed it to happen.

Smartypants, is a fifteen year old girl with two younger sisters. She was raped by her father since age four. She reached second year high school before she was brought to the institution and now she has been there for four months. Rape started when she was young and her father would touch her private parts while bathing. She never thought that it was an abuse because of her innocence. She even admitted that she liked it somehow. Her father fingered, fondled, penetrated, and tornadoed (the act was not explained further by the participant) her. She even saw his father doing the same thing to her two younger sisters. She also experienced fondling from his uncle once. She was afraid to tell to anybody because her father threatened her life. She first disclosed to her mother about it but she refused to believe. Her mother discouraged her to file a case. It made her feel bad and not loved. The abuse stopped for quite some time but it reoccurred after a while. She sought the attention of her boyfriend at school but chose not to tell the abuse to him. She revealed everything to her best friend

Hoping that she will keep it our secret. But her best friend asked the help of their neighbors to stop the abuse. After that, her father got arrested but the family side of his father refused to believe her but instead, they got angry at her. She was upset when she found out that her mother helped her father for posting bail.

Although mcute experienced a mild trauma while smartypants suffered from profound trauma, both of them experienced powerlessness and stigmatization and they often engage to use internalized coping to recover from this trauma.

Amazing j, is 17 years old and the eldest in the family. She was in grade 8 before entering the institution. She experienced the abuse twice when she was 15 and she been in the institution for two years and two months. She filed a case against her perpetrator and non-offenders. She was trafficked by three women to a 20-year old chinese man. Two of them are kumares of her mother. It happened to her twice. It happened when the friends of her mother whom she considered as her aunties asked her to go with them to buy a bathing suit; she went with them since they will have an outing. It was too late when she realized that they will not be buying a bathing suit but she was brought to a hotel. She refused but she was given a sleeping pill. She hid the incident to her mother. The abuse happened again when her aunties told her that they will help them to bail out her father who is in jail, they even brought groceries so she agreed to go with them. However, she was again brought to the hotel and the same thing happened again. She woke up naked. She told her mother what happened this time because she was afraid that her aunties might kill her mother and sister. After her disclosure, they immediately packed their things and escaped at dawn. They filed a complaint at the municipal hall.

Amazing j who suffered from moderate trauma experienced betrayal or distrust to her two aunties for doing it to her twice. Among the victims of abused, she is the only one who has a dominant mean score in angry coping.

Not everyone respond with the same intensity to a traumatic experience. There are people who, for a variety of reason, do not seem to show any observable after effect of traumatic experiences. Different research indicates that it is not the objective fact of what happened but the subjective experience of the child that determine the damage. This also means that a realization at a later date can still cause an aftershock thus, a girl who was abused at the age of eight might come back for renewed help when she entered puberty. It dawned on her what had happen (weele, 2003). Trauma incorporates both actual and threatened serious injury to the physical self and responses of intense fear and helplessness (dungan, 2004).

CONCLUSIONS

On the basis of the findings of this study, the following conclusions were drawn

1. Trauma and coping mechanism were subjective phenomenological experience of every sexually-abused girls. Those who have closer relationship with her perpetrator have more tendencies to fall into severe or profound trauma. Mild, moderate, severe or profound trauma, from simple act of lasciviousness, fingering, rape to incest is a relative experience and degree of psychological pain. It is not the same to anyone of them, hence, it is not generalizable.

2. Most of the sexually abused girls have a very low mean score in traumatic sexualization. Betrayal is notably the highest mean score type of trauma where the abuse girls experience distrust, hostility, disenchantment, anger, blaming others and becoming more vigilant to other people.

3. Active social coping is reported the most utilized and most helpful coping mechanism. Disclosure of the abuse and seeking social support help them the most to cope with the trauma brought by the sexual abuse experience. Meanwhile, angry coping is the least helpful way to cope up with trauma.

RECOMMENDATIONS

The following recommendations were addressed to the following individuals

1. Sexually abused girls are encouraged to communicate frequently to their house parents and friends especially when triggered by the memory of the abuse to process their emotions and thoughts; engage in the programs and activities the institution organized for them to increase their sense of self-worth and keep on moving forward until they fully recovered from the trauma experienced and live a happy life, keep on involving themselves to various activities will help them avoid being preoccupied with sexual thoughts or fantasies or even trauma.

2. Family support is recommended to lessen the trauma and proper guidance as their child develops into puberty. Sustain a good family communication and relationship in order to freely discuss other personal concerns.

3. The institution catering sexually abused girls is encouraged provide orientation program to avoid future perpetrators and become a victim. Discuss also to parents certain laws on incest and other types of abused that a parent should be responsible when committed such crime. They can also conduct group dynamic activities that would lessen the trauma experienced of the sexually-abused and other self-care defense to guard self for future victimization.

4. The Department of Social Welfare and Development is supported to continue strengthening their advocacy and campaign against sexual abuse: conduct a program that would orient family members specifically to the mother on how to protect their daughters from sexual abuse especially by family relatives; encourage and support more researchers to study special interest group related to abuse; and conduct seminars in every barangay that would give awareness about sexual abuse and other forms of human exploitation.

5. The future researchers are encouraged to conduct relative study dealing with child serious physical abuse, severe physical or emotional neglect, child prostitution, and domestic violence that would give

more comprehensive and substantial information about the trauma experienced of the victim and self-concept before and after the trauma. Also choose a research method that would result to more in-depth findings to use considering specific type of abuse, number of participants, and duration of study. Since coping mechanism varies to every sexually abused girl, it may also anchor from their personality type as other variables to consider in relation to trauma and sexual abuse.

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