



INDIVIDUAL COUNSELING SERVICES TO ADDRESS THE TRAUMA OF ADOLESCENT VICTIMS OF SEXUAL ABUSE THROUGH ISLAMIC THERAPY

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Abstract: Sexual harassment is a bad act that can reduce human dignity, both women and men. The rise of the problem of sexual harassment can occur among teenagers. Victims of sexual harassment will usually experience mental wounds that can affect their mental and psychological states that take time to heal, such as experiencing trauma. The sense of trauma that exists in adolescents will make them into shock, and it needs to be handled through Islamic therapy. This study aims to overcome the trauma of adolescents who are victims of sexual harassment. This study uses a qualitative approach with data collection techniques through observation and interviews. The result of this study has shown that the application of individual counseling services by applying Islamic therapy can overcome trauma in one of the teenage boys who became victims of sexual harassment. The application of Islamic therapy has been carried out using faith therapy so that the teenager will get peace and inner peace and become a person who always increases faith or draws closer to Allah Swt. by enjoining ma'ruf nahi munkar.

Keywords: Individual Counseling, Traumatic, Sexual Harassment, Islamic Therapy.

Abstrak: Pelecehan seksual termasuk kepada perbuatan buruk yang dapat menurunkan martabat manusia, baik perempuan maupun laki-laki. Maraknya permasalahan pelecehan seksual dapat terjadi di kalangan para remaja. Korban pelecehan seksual biasanya akan mengalami luka batin yang dapat berpengaruh pada mental dan psikologinya yang membutuhkan waktu untuk sembuh, seperti

mengalami trauma. Rasa trauma yang ada di dalam diri remaja akan membuat dirinya menjadi *shock*, maka perlu ditangani melalui terapi Islami. Penelitian ini bertujuan untuk mengatasi trauma pada diri remaja yang menjadi korban pelecehan seksual. Penelitian ini menggunakan pendekatan kualitatif dengan teknik pengumpulan data melalui observasi dan wawancara. Hasil dari penelitian ini telah menunjukkan bahwa penerapan layanan konseling individual dengan menerapkan terapi Islami dapat mengatasi trauma di dalam diri salah satu remaja laki-laki yang menjadi korban pelecehan seksual. Penerapan terapi Islami telah dilakukan dengan menggunakan terapi keimanan, sehingga remaja tersebut akan mendapatkan ketentraman dan kedamaian di dalam batin serta menjadi pribadi yang selalu meningkatkan keimanan atau mendekatkan diri kepada Allah Swt. dengan melakukan amar makruf nahi munkar.

Kata Kunci: Konseling Individual, Trauma, Pelecehan Seksual, Terapi Islami.

A. Introduction

Teenagers are the next generation of the nation and state. As the successor of the nation and state, adolescents need to get a good education, especially education with religious values, so that adolescents can grow and develop into individuals who can provide various kinds of benefits, both for themselves and others. When viewed from an educational perspective, teenagers are people who are studying in junior high school, high school, and college.¹ In this day and age, phenomena of negative value occur a lot in adolescents, such as sexual abuse. Sexual harassment is an act committed by a person, be it individually or in a group, through physical or verbal actions with words and writings that contain sexual content against the victim (male or female).

According to Sanistuti, sexual harassment is the entirety of sexual acts or the tendency to commit sexual acts that are nonphysical intimidation (words, language, images) or physical (visible movements by touching, holding, groping, kissing) committed by a man or a group of men towards women. Sexual harassment can be committed by both known and unknown people. Most of those who experience victims of sexual harassment are women, although predominantly women who experience such cases, it does not mean that men do not experience cases of sexual harassment. When viewed from various cases that exist, men can also become victims of sexual harassment, which is generally also carried out by men as well.²

Of course, sexual harassment behavior can bring down the dignity of both men and women. Such behavior can be called sexual harassment in the event of rejection. The most common form of abuse is by deliberately touching or holding a part of a person's body.

¹ Rudi Mulyatiningsih et al., *Bimbingan Pribadi-Sosial Belajar, Dan Karier*, Cet. I. (Jakarta: PT Gramedia Widiasarana Indonesia, 2004).

² Karyanti and Andi Setiawan, *Bimbingan Klasikal Berlandaskan Falsafah Adil Ka'Talino, Bacuramin Ka'Saruga, Basengat Ka'Jubata: Mitigasi Pencegahan Pelecehan Seksual Terhadap Anak Melalui Pendidikan Karakter Berbasis Kearifan Lokal*, 2019.

Victims who experience such cases will feel offended, humiliated, and intimidated.³ The rise of cases of sexual abuse that occur in adolescents will have a negative impact on adolescents, both physically and psychologically. Adolescents who are victims of sexual abuse will usually experience inner wounds that can have an effect on their psychological, such as teenagers who experience deep trauma due to cases of sexual abuse.

Trauma is a state of an individual who is experiencing psychological stress that will be dangerous for the individual while living daily life. Shapiro stated that trauma is an individual's life experience that hinders the biochemical balancing case of the brain's psychological processing information system. Most trauma occurs because the individual has experienced and witnessed events that make him fearful, shocked, the presence of threats, violence, and others. Of course, trauma can happen to anyone, and wherever they are, so the individual's mentality will also be disturbed because of experiencing trauma. The influence of trauma experienced by individuals will be at risk to their behavior and mentality, such as experiencing phobias, panic, depression, stress, and restlessness.⁴

The process of adolescent development is inseparable from the surrounding environment, so overcoming the problem of sexual abuse that afflicts adolescents requires treatment and responsibility from the family and the school. The family has an important role as the main educator in providing direction and guidance to their children so as not to fall into things that have a negative impact on their development. Then, the school environment will also play a role in handling cases of sexual harassment that happen to its students. In the study of psychology and guidance and counseling, of course, trauma can be overcome in various ways carried out by a counselor. Counselors or BK teachers can apply individual counseling services to adolescents who have experienced sexual abuse.

According to Prayitno and Erman Amti, individual counseling is a process of providing assistance through a counseling interview by a counselor to a client who is experiencing a problem aimed at solving the problem faced by the client. Thus, individual counseling services are a process of social interaction between counselors and clients as an effort to provide assistance carried out by counselors to clients that are carried out individually to solve client problems.⁵ Through individual counseling services, counselors or BK teachers will help provide direction related to cases of sexual abuse experienced by adolescents.

The solutions that each counselor can do in handling this case are different. However, it should be noted that the trauma that occurs in adolescent victims of sexual abuse can not only be resolved through the means of western theory but can also be resolved using methods or therapies that exist in Islam and of course, refer to the Qur'an and Hadith. Of course, there are very many Islamic therapies that can be done by counselors to solve their clients' problems. The Qur'an contains content that contains faith values such as creed and tawhid, worship, morals, laws, stories of previous people, and the basics of science (Science) and technology. Therefore, there is no doubt that the process of individual counseling services refers to the Qur'an. The statement is in accordance with the word of

³ Hikmah Maros and Sarah Juniar, *Pelecehan Seksual Dan Pengabaian Hak Maternitas Pada Buruh Garmen*, 2016.

⁴ Ning Sasi Awaliyah, Ulin Nihayah, and Khozaainatul Muna, "Ghaidan Konseling Traumatik Untuk Menangani Gangguan Kesehatan," *Jurnal Bimbingan Konseling Islam & Kemasyarakatan Konseling* (2021): 30–34.

⁵ Firad Wijaya, "Konseling Individual Dalam Mengatasi Kenakalan Siswa Di Madrasah Tsanawiyah Negeri 1 Yogyakarta," *al-Tazkiah* 6, no. 2 (2017): 95–110.

Allah Swt. in QS. Al-Baqarah (2): 2, which means, *"This book (of the Qur'an) has no doubt in him; a guide for those who are devout."*

Through the content of the Qur'an, it is hoped that clients who experience trauma due to sexual harassment will be motivated and enthusiastic in facing their problems. Trauma experienced by adolescent victims of sexual abuse can apply Islamic therapy that counselors will direct through individual counseling services. In line with this research, the counselor can give one of the Islamic therapies to clients who are experiencing the case, just like faith therapy. The implementation of individual counseling services by applying Islamic therapy aims to prevent individuals from all problems, be it problems related to symptoms of mental illness (*neurosis/psychosis*) as well as social and spiritual problems, so that individuals will have a healthy mentality in living their daily lives in line with the provisions of Islamic law.⁶

Based on the context that has been explained, of course, it can be seen that individual counseling by applying Islamic therapy will provide an alternative to the resolution of problems related to the trauma experienced by adolescent victims of sexual abuse. As the results of data collection that researchers have done by observing and interviewing victims it has shown that adolescents who experience victims of sexual abuse experience trauma. Therefore, Islamic therapy applied through individual counseling services will help the teenager to overcome the trauma that exists within him. Related to these problems, researchers will examine more thoroughly how the implementation of individual counseling services by applying Islamic therapy as an effort to overcome the trauma experienced by one of the teenage boy's victims of sexual abuse.

B. Method

Sourced from the cases that have been studied, the right type of research for this research is to use a qualitative approach, namely creating an analysis procedure by emphasizing the aspect of an in-depth description of a problem related to a phenomenon that the researchers have seen through logic.⁷ The data analysis test in this study was carried out using inductive data analysis, which is based on data obtained from direct observation results. The subjects of the study amounted to 1 (one) person. This study was conducted by finding one of the teenage boy's victims of sexual abuse. This study applies individualized counseling through Islamic therapy. Data collection techniques through observation and interviews.

Researchers have obtained clearer and more precise information because they carry out counseling activities individually. The interview was conducted with unstructured data, where the researcher asked open-ended questions related to the research topic about the chronology of events from the problem of sexual abuse that had been experienced by the teenager, and the results were in the form of image formats and sound recordings. The victim is given directions through Islamic therapy in order to eliminate the trauma in him.

⁶ Lahmuddin Lubis, *Konseling Dan Terapi Islam* (Medan: Perdana Publishing, 2021).

⁷ Pinton Setya Mustafa et al., "Metodologi Penelitian Kuantitatif, Kualitatif, Dan Penelitian Tindakan Kelas Dalam Pendidikan Olahraga," *Program Studi Pendidikan Olahraga Fakultas Ilmu Keolahragaan Universitas Negeri Malang* 2020 53, no. 9 (2020): 1689–1699.

This research was conducted through two meetings using the implementation of individual counseling through Islamic therapy. Researchers use primary data sources, that is, research data sources that are taken directly. The data sources that are the material for this research are in the form of books and journals.

C. Result and Discussion

Individualized Counseling

Counseling is a translation of "*counseling*." Counseling comes from the English word "*counsel*" or "*to counsel*," which means to take advice, counseling, or advice to others face to face with each other. Thus, counseling is the activity of giving advice to others individually, which is carried out *face to face* by a person who has expertise (counselor) to a person who experiences problems (counseling). Thus, counseling will basically provide encouragement to find a way out or an effort to heal a person who is facing a case or indication of psychiatric obstacles.⁸

Dewa Ketut Sukardi and Nila Kusmawati define individual counseling as a guidance and counseling service that allows clients to get direct services face-to-face with counselors in the context of discussing and alleviating personal problems they suffer from. According to Sofyan S. Willis, individual counseling is the assistance that counselors provide to someone who aims to develop the potential of the individual, is able to overcome the problems he faces on his own, and can adjust positively.⁹ Hallen revealed that the individual counseling guidance service is one of the services that provide assistance individually and directly. In providing this assistance, it is carried out *face to face relationships* (face-to-face relationships), between counselors and individuals in order to help to solve the difficulties and problems that are being experienced by counselors.¹⁰

Prayitno and Erman Amti said individual counseling is a special service in a direct face-to-face relationship between counselors and clients. In this connection, it is observed and sought to alleviate the problem as much as it can with the strength of the client himself. In that regard, counseling is considered the most important service effort in the implementation of the client's problem-alleviation function. It can even be said that counseling is the "heart of his heart" of the overall guidance service. If the counseling service has provided its services, then the client's problem will be resolved effectively, and other counseling guidance efforts will only follow or act as a companion.¹¹

Based on some of the opinions above, it can be concluded that individual counseling is a process of providing solutions and helping an individual in solving problems in his life, directing and giving direction to counselors in order to solve their problems properly and purposefully. This individual counseling is carried out by a counselor with the client one-

⁸ Lubis, *Konseling Dan Terapi Islam*.

⁹ Penggunaan Layanan Konseling Individu Dengan Pendekatan Behavioral Untuk Mengurangi Prilaku Membolos Peserta Didik Kelas VIII MTs Miftahul Ulum Merabung III Kecamatan Pugung Kabupaten Tanggamus," *Konseli: Jurnal Bimbingan dan Konseling* 03, no. 1 (2016): 137–152.

¹⁰ Adjeng Aprinna Larasati, "Konseling Individu Dengan Teknik Cognitive Restructuring Untuk Mengatasi Inferiority Feelings Pada Mahasiswa Psikologi UIN Sunan Ampel Surabaya" (Surabaya: Program Studi Bimbingan Konseling Islam, Fakultas Dakwah dan Komunikasi, Universitas Islam Negeri Sunan Ampel Surabaya, 2021).

¹¹ Syafaruddin, dkk, *Dasar-Dasar Bimbingan Dan Konseling Konsep T, Dan Praktik T*, Perdana Publishing, 2019.

on-one, which is personal and makes the client feel comfortable and open to telling or expressing the problems he is facing.

Individual counseling has two goals. Menurut Hartono and Boy Soedarmadji, the purpose of counseling, in general, is so that individuals can change towards a more advanced direction through the implementation of optimal developmental tasks, independence, and happiness in life. Meanwhile, specifically, the purpose of counseling depends on the problems faced by each counselor.¹² Whereas according to Kamaruzzaman is the alleviation of the problem experienced by the client if the client's problem is characterized as (a) something that is not liked, (something that wants to be eliminated), and (c) something that can hinder or cause losses, then efforts to alleviate the counseling problem through individual counseling will reduce the intensity of dislike for the existence of something in question, reduce the intensity of obstacles and losses caused by something that meant it. With individual counseling services, the burden of counseling is lightened, counseling ability is improved, and counseling potential is developed.¹³

The main function of individual counseling services which is very dominant is the alleviation function. However, as a whole, individual counseling includes other functions: (a) understanding function, (b) development/maintenance function, (c) prevention function, (d) advocacy function.¹⁴ In carrying out individual counseling, counselees are assisted by counselors to identify problems, causes of problems, find alternative solutions to problems, and make the best decisions to realize their decisions with full responsibility in their lives. Allah SWT. has said in QS. Al-‘Asr {103}: 3

إِلَّا الَّذِينَ آمَنُوا وَعَمِلُوا الصَّالِحَاتِ وَتَوَاصَوْا بِالْحَقِّ وَتَوَاصَوْا بِالصَّبْرِ

Means:

“kecuali orang-orang yang beriman dan mengerjakan amal saleh dan nasehat menasehati supaya mentaati kebenaran dan nasehat menasehati supaya menetapi kesabaran.”

The meaning of washilah is towards the direction of therapeutic activities, so that the counselee becomes a patient individual and finds wisdom from every life problem that is experienced or perhaps from elements of the potential nature in which there is an imbalance in oneself. Therefore, individual counseling is needed to restore it. Implementation of individual counseling can be done directly face to face or through *electronic* media (*e-counseling*) which includes: telephone, *chat*, email, web, and *skype*.¹⁵ Individual counseling must be carried out in a safe and comfortable atmosphere for the counselee. Implementation of one individual counseling meeting for 40-45 minutes or for 20-39 minutes with two counselees is valued equivalent to two hours of lessons. The

¹² Hartono and Boy Soedarmadji, *Psikologi Konseling*, Cet. I. (Jakarta: KENCANA, 2012).

¹³ Kamaruzzaman, *Bimbingan Dan Konseling*, Cet. I. (Pontianak: Pustaka Rumah Aloy, 2016).

¹⁴ Ibid.

¹⁵ Muhammad Andri Setiawan and Karyono Ibnu Ahmad, *Layanan-Layanan Bimbingan Dan Konseling Pendekatan Qur'ani: Mempertemukan Urutan Surah Pada Juz 28 - 30 Al-Qur'an* (Yogyakarta: Deepublish Publisher, 2021).

success of the counseling process in solving the counselee's problem is evaluated by the counselor through the disclosure of the counselee's satisfaction with counseling.¹⁶

Trauma

Trauma comes from the Greek "*Tromatos*," which means wound. Meanwhile, according to the KBBI, trauma is a mental state or abnormal behavior such as pressure or physical injury. Trauma can also be interpreted as an emotional response to a short-term event that is common to someone who has experienced trauma, such as *shock*.¹⁷ Trauma can also be interpreted as an experience that destroys a sense of security, a sense of ability, and self-esteem, resulting in psychological wounds that are difficult to heal as a whole.¹⁸

According to Wikipedia, trauma is a type of mental damage that occurs as a result of a traumatic event. When trauma leads to post-traumatic stress disorder, the damage may involve physical and chemical changes in the brain that change a person's response to future stressors. In other words, trauma is the result of an event that causes tremendous stress and destroys a sense of security. Trauma causes humans to feel helpless and vulnerable in a dangerous world. Traumatic experiences often involve a threat to life or safety. In fact, any situation that makes students feel overwhelmed can also cause trauma. In fact, traumatic experiences don't always involve physical harm. The main key to the emergence of feelings of trauma is when students encounter situations that according to them seriously damage the body or mind.¹⁹

Trauma comes from the Greek "*Tramatos*" which means wound, while in KBBI trauma is a state of mind or behavior that is not normal as pressure or physical injury. Trauma is also interpreted as an emotional response due to a short-term event that can occur in someone who has experienced trauma, namely shock and rejection. And long-term reactions in trauma sufferers include unexpected emotions, for example always remembering events that have happened in the past, strained relationships and even physical symptoms such as dizziness and nausea. Trauma can also be interpreted as an experience that destroys a sense of security, a sense of ability, and self-worth, causing injury psychological problems that are difficult to completely cure.

Allen in his book coping with trauma: hope through understanding "*Subjectively it becomes a traumatic experience when a person responds with feelings of fear and helplessness.*" while the American Psychological Association defines trauma as an emotional response due to a very severe event in life that can have a long-term impact physically and mentally. Trauma is a physical and psychological reaction that is bad stress due to an event, occurrence or experience of spontaneous/sudden (sudden) shock, shock, fear, shock, unconsciousness, and so on which does not easily disappear. in human memory. James Drever says trauma is

¹⁶ Mufida Istati, *Konseling Individual: Sebuah Pengantar Keterampilan Dasar Konseling Bagi Konselor Pendidikan*, ed. Guepedia/At (Jawa Barat: Guepedia, 2021).

¹⁷ Sri Hastuti and Winkel, *Bimbingan Dan Konseling Di Institut Pendidikan* (Yogyakarta: Media Abadi, 2006).

¹⁸ Iin Tri Rahayu, *Psikoterapi Perspektif Islam Dan Psikologi Kontemporer* (Malang: UIN Malang Press, 2009).

¹⁹ Bambang Putranto, *Tips Menangani Siswa Yang Membutuhkan Perhatian Khusus*, ed. Kurniawani (Yogyakarta: DIVA Press, 2015).

any injury, pain or shock that occurs in an individual's physical and mental state which results in serious disturbances.²⁰

Trauma can happen anytime and anywhere and in any form. Trauma can also occur physically as well as psychically. The main causes of trauma are manifold, whether intentional or not. In some people, some trauma has a long impact (months or even years), but some have a short impact (a few days or a week). The impact of trauma only a few days or a week is normal, as a human being who has feelings. The impact of trauma is the problem is that it is months or even years.²¹

One of the impacts of trauma on the individual lies in the ability of the individual to form positive and meaningful interpersonal relationships. The figure of a caregiver or parent is a window for children to see the world as safe or dangerous. Children who experience traumatic events in the form of violence by caregivers will view the world as a dangerous place. Therefore, children who have traumatic experiences tend to be suspicious of the people around them and have difficulty forming social or romantic relationships. In addition to the impact on cognition, traumatic events also have an impact on the physiology of the individual. When dealing with situations that alert them to a traumatic event, individuals can show irregular breathing, excessive heartbeat, or experience psychosomatic impacts such as abdominal and head pain.²²

The factors that cause trauma consist of 2 (two) factors. *First*, internal (psychological) factors. In simple terms, trauma is formulated as a psychiatric disorder due to a person's inability to overcome the problems of life he must live, so the person concerned behaves unnaturally. The following are the causes that underlie the onset of trauma to a person, including (1) a weak personality and lack of self-confidence, causing the person concerned to feel inferior, (2) there are sociocultural conflicts due to different norms between themselves and the community environment, (3) wrong understanding so that it gives an excessive reaction to social life and vice versa too low. The processes are taken by a person in the face of mental intercourse, thus further pushing him in a positive direction.

Second, external (physical) factors, including (1) parental factors in socializing in family life, the occurrence of persecution that makes physical injuries or trauma, (2) crimes or irresponsible acts that result in physical trauma in the form of injuries to the body and also organs on the victim's body.²³ In addition, the trauma condition experienced by a person is caused by various situations and conditions, including (1) natural events or events (natural disasters), such as earthquakes, floods, tsunamis, landslides, hurricanes, and so on, (2) experiences in social life (psychosocial), such as wrong parenting, injustice, torture of persecution either physically or psychically, terror, violence, war, etc., (3) direct or indirect experiences, such as seeing for yourself, experiencing oneself directly and the experiences

²⁰ Putri Sri Ramadhanti, *Guided Imagery for Trauma*, ed. Guepedia/Ag (Jawa Barat: Guepedia, 2022).

²¹ Masril, "Konseling Post-Traumatic Stress Disorder Dengan Pendekatan "Terapi Realitas,"" *Prosiding International Seminar & Workshop Post Traumatic Counseling* 1, no. 1 (2017): 184–192.

²² Bessel A. Van Der Kolk et al., "Disorders of Extreme Stress: The Empirical Foundation of a Complex Adaptation to Trauma," *Journal of Traumatic Stress* 18, no. 5 (2005): 389–399.

²³ Achmanto Mendatu, *Pemulihan Trauma: Strategi Penyembuhan Trauma Untuk Diri Sendiri, Anak, Orang Lain Di Sekitar Anda* (Yogyakarta: Panduan, 2010).

of others indirectly.²⁴ Reactions from long-term trauma in traumatic people include unexpected emotions, for example, always remembering events that have occurred in the past, tense relationships, and even physical symptoms, such as dizziness and nausea.²⁵

Trauma conditions usually occur starting from a deep and prolonged state of stress that cannot be overcome by the individual who experiences it. To what extent has the trauma developed, what is its nature or type. If the trauma is in the long term, then it includes the accumulation of heartwarming bad events or experiences which then the consequences become a very heavy psychological burden and make it difficult for a person in the process of adjustment, will hamper the individual's emotional and social development in various aspects of behavior and attitudes. , as in terms of the educational process and the fulfillment of other individual needs broadly. Seeing these conditions, a counseling service is needed for individuals who experience trauma and psychological impacts so that they don't get overwhelmed, such as stress and depression which have an impact on hampering the daily activities they want to do.²⁶

Sexual Harassment

Sexual harassment consists of two words, harassment and sexual. According to the KBBI, the definition of harassing is to look down on someone, insult someone, and ignore someone. Meanwhile, sexuality is something related to sex (gender), which is related to the case of male and female copulation. Thus sexual harassment is a form of humiliation and looking down on others because of matters related to sex, gender, and sexual activity between men and women.²⁷

According to Russia, Bintari, and Wibowo, sexual harassment, or called *sexual harassment*, is defined as behavior characterized by inappropriate sexually directed words and speech, sexually directed physical approaches carried out in the workplace or work situation, school environment, and even other social environments.²⁸ Sexual harassment, according to Komnas Perempuan, can be classified as punishment with intimate motivations, intimate bullying, intimidating marriage, intimidating pregnancy, trafficking in persons to carry out prostitution, application of intimately motivated traditions, intimate control, and forced prostitution. These things include attempted acts of rape.²⁹ Sexual harassment can be defined as a form of attitude that has sexual content that is tried by individuals and groups, and this matter is not liked or expected by the victim. The impact is

²⁴ Abu Ahmad and Ahmad Rohani, *Bimbingan Dan Konseling Di Sekolah* (Jakarta: Rineka Cipta, 1991).

²⁵ Mendatu, *Pemulihan Trauma: Strategi Penyembuhan Trauma Untuk Diri Sendiri, Anak, Orang Lain Di Sekitar Anda*.

²⁶ Hayatul Khairul Rahmat and Desi Alawiyah, "Konseling Traumatik: Sebuah Strategi Guna Mereduksi Dampak Psikologis Korban Bencana Alam," *Jurnal Mimbar: Media Intelektual Muslim dan Bimbingan Rohani* 6, no. 1 (2020): 34–44.

²⁷ Ali Abubakar and Zulkarnain Lubis, *Hukum Jinayat Aceh*, Cet. I. (Jakarta: KENCANA, 2019).

²⁸ Suprihatin Suprihatin and Abdul Muhaiminul Azis, "Pelecehan Seksual Pada Jurnalis Perempuan Di Indonesia," *PALASTREN Jurnal Studi Gender* 13, no. 2 (2020): 413.

²⁹ Elisabeth Yulia Rana Sinta Dewi, Melina Gabrila Winata, and Ella Yolanda Sakerebau, "Perspektif Gender Dalam Putusan Pengadilan Pada Kasus Pelecehan Seksual," *Kanun Jurnal Ilmu Hukum* 22, no. 2 (2020): 345–362.

to cause negative things to the victim, such as shame, offense, humiliation, anger, loss of self-esteem, and loss of chastity.³⁰

Sexual harassment according to the Advisory Committee Yale College Greville Board and New York as cited by Judit Berman Brandenburg is all sexual behavior by someone both verbally (psychologically) and physically. According to the victim the behavior was demeaning, humiliating, intimidating or coercion.³¹ Based on some of the opinions above, it can be concluded that sexual harassment is a crime and a crime of decency that is not wanted by the victim, which causes violations of a person's rights, degrades a person's dignity and dignity, causes a sense of discomfort, and this can be done in any situation, this is dangerous for a person's physique, mental and mental, it can even make the victim introverted, traumatized by the incident, the victim feels intimidated, feels demeaned, humiliated, and even feels threatened.

The act of sexual harassment is viewed as a despicable act because, in Islamic teachings, it teaches people to respect each other, respect each other and not to hurt others, let alone interfere with the rights of others. Mutual respect is also one way to avoid sexual deviance mistakes because it makes a person aware of his limits in every action. Islam already sets the boundaries of shari'a to avoid sexual harassment behavior.³² As the word of God Swt. In the Qur'an surah An-Nur verses 30-31, which reads :

قُلْ لِلْمُؤْمِنِينَ يَغُضُّوا مِنْ أَبْصَارِهِمْ وَيَحْفَظُوا فُرُوجَهُمْ ۚ ذَٰلِكَ أَزْكَىٰ لَهُمْ ۖ إِنَّ اللَّهَ خَبِيرٌ بِمَا يَصْنَعُونَ 30 وَقُلْ
لِلْمُؤْمِنَاتِ يَغْضُضْنَ مِنْ أَبْصَارِهِنَّ وَيَحْفَظْنَ فُرُوجَهُنَّ وَلَا يُبْدِينَ زِينَتَهُنَّ إِلَّا مَا ظَهَرَ مِنْهَا ۚ وَلْيَضْرِبْنَ بِخُمُرِهِنَّ
عَلَىٰ جُيُوبِهِنَّ ۚ وَلَا يُبْدِينَ زِينَتَهُنَّ إِلَّا لِبُعُولَتِهِنَّ أَوْ آبَائِهِنَّ أَوْ آبَاءِ بُعُولَتِهِنَّ أَوْ أَبْنَاءِهِنَّ أَوْ أَبْنَاءِ بُعُولَتِهِنَّ أَوْ
إِخْوَانَهُنَّ أَوْ إِخْوَانَهُنَّ أَوْ بَنِي أَخُوهُنَّ أَوْ نِسَائِهِنَّ أَوْ مَا مَلَكَتْ أَيْمَانُهُنَّ أَوْ التَّبَاعِينَ غَيْرِ أُولَى الْأَرْبَةِ مِنْ
الرِّجَالِ أَوْ الطِّفْلِ الَّذِينَ لَمْ يَظْهَرُوا عَلَىٰ عَوْرَتِ النِّسَاءِ ۚ وَلَا يَضْرِبْنَ بِأَرْجُلِهِنَّ لِيُعْلَمَ مَا يُخْفِينَ مِنْ زِينَتِهِنَّ ۚ
وَتُوبُوا إِلَى اللَّهِ جَمِيعًا أَيُّهَ الْمُؤْمِنُونَ لَعَلَّكُمْ تُفْلِحُونَ 31

Means:

"Say to men of faith, that they keep his sight, and keep his, which is so holy to them. Truly Allah is all-knowing what they are doing (30) And say to the women of faith, that they may keep his sight, and keep his, and do not reveal his adornments (his aurat), except the (ordinary) visible. And let them close the veil to her bosom, and do not reveal her jewels (her aurat), except on their husbands, or their fathers, or their husbands' fathers, or their sons, or their husbands' sons, or their husbands' sons, or their brothers' sons, or their brothers' sons, or their sisters' sons, or their sisters (sesame islam), or their

³⁰ Kosmanto dkk Rinaldi, *Dinamika Kejahatan Dan Pencegabannya Potret Beberapa Kasus Kejahatan Di Provinsi Riau* (Malang: Ahlimedia Press, 2022).

³¹ Dewi Fiska Simbolon, "Kurangnya Pendidikan Reproduksi Dini Menjadi Faktor Penyebab Terjadinya Pelecehan Seksual Antar Anak," *Soumatara Law Review* 1, no. 1 (2018): 43.

³² Siti Khodijah et al., "Pandangan Islam Mengenai Kasus Pelecehan Seksual Dan Upaya Mengatasinya" x (2019).

servants, or their sahaya servants, or male servants (old) who have no desire (as a woman) or children who do not yet understand the aurat of women. And let them not stomp their feet so that the jewels they hide may be known. And repent ye all to Allah, O people of faith, that ye may be fortunate (31)" (QS. An-Nur {24}: 30-31)

According to Beauvais, sexual harassment is not only experienced in women but can also occur in men who will become victims of sexual harassment. Beauvais classifies into four parts that could include victims of sexual abuse, namely: (a) men harassing women, (b) women harassing men, (c) heterosexuals harassing homosexuals, and (d) homosexuals harassing heterosexuals.³³

The facts that cause sexual harassment are: the influence of social media that shows or displays pornography, the destruction of morals and value systems in society, the lack of role of religious values in preventing sexual harassment, and the punishment given to perpetrators of sexual harassment is not worth it.³⁴ Victims get less supervision and protection from next of kin, lack of parental attention and economic factors, are also minimal public awareness to prevent sexual violence against children. It's important for parents to have and build a common understanding of children and children's basic rights, especially the right to protection. Where as the actions taken by the perpetrators due to the influence of technology make it easier for the public to access pornographic films from various media.³⁵ The range of sexual harassment is very wide, namely flirting, naughty whistling, comments sex or gender connotations, pornographic humor, pinches, pokes, pats or touches on the part certain bodies, certain gestures or gestures of a sexual nature, invitations to date lures or threats, invitations to have sexual intercourse to rape.³⁶

Islamic therapy

Islamic psychotherapy is the process of treating and healing a disease both mentally and physically through the guidance of the Qur'an and the As-Sunnah of the Prophet Saw. Or empirically, it is through the guidance and teaching of Allah, His angels, His Prophets, and Messengers, or the heirs of His Prophets.³⁷ As God has said :

هُوَ الَّذِي بَعَثَ فِي الْأُمِّيِّينَ رَسُولًا مِنْهُمْ يَتْلُو عَلَيْهِمْ آيَاتِهِ وَيُزَكِّيهِمْ وَيُعَلِّمُهُمُ الْكِتَابَ وَالْحِكْمَةَ وَإِنْ كَانُوا مِنْ قَبْلُ لَفِي ضَلَالٍ مُبِينٍ

Means:

³³ Iman Novrianza, Novrianza, & Santoso, "Dampak Dari Pelecehan Seksual Terhadap Anak Di Bawah Umur," *Jurnal Pendidikan Kewarganegaraan* 10, no. 1 (2022): 53–64, <http://dx.doi.org/10.23887/jpku.v10i1.42692>.

³⁴ Lailatul Nujulah, *Kesehatan Reproduksi Dan Pelayanan Keluarga Berencana*, Cet. I. (Malang: Rena Cipta Mandiri, 2022).

³⁵ Syaiful Bahri and Dan Fajriani, "Suatu Kajian Awal Terhadap Tingkat Pelecehan Seksual Di Aceh," *Jurnal Pencerahan* 9, no. 1 (2015): 50–65.

³⁶ Simbolon, "Kurangnya Pendidikan Reproduksi Dini Menjadi Faktor Penyebab Terjadinya Pelecehan Seksual Antar Anak."

³⁷ Rahayu, *Psikoterapi Perspektif Islam Dan Psikologi Kontemporer*.

He sent to the illiterate a Messenger among them, who recited His revelations to them, purified them, and taught them the Book and wisdom. And indeed, they were in a manifest error." (Q.S. Al-Jumu'ah {62}: 2)

Psychotherapy is the natural treatment of the mind or, rather, the treatment and treatment of psychic disorders through psychological methods. This term includes different techniques that aim to help the individual in overcoming his emotional disorders by means of modifying his behavior, thoughts, and emotions so that the individual is able to develop his psychic problems. Based on the above understanding, psychotherapy, in addition to being used for the cure of mental illness, can also be used to help maintain and develop the integrity of the soul so that it continues to grow healthily and has the ability to adjust more effectively to its environment.

The target or object that is the focus of healing the treatment or treatment of Islamic therapy is the whole human being, namely those related to or concerned with disorders that include (1) mental, that is, those related to thoughts, reason, memories or processes associated with the mind of reason and memory, such as easy forgetting, lazy thinking, unable to concentrate, petty, unable to make a decision properly and correctly, it does not even have the ability to distinguish between the halal and the haram that is beneficial and mudharat and the right and vanity, (2) spiritual, that is, those related to matters of spirit, spirit or soul, religious, related to religious, faith, piety. Such as shirk, nifaq, and kufr, weak conviction and closed or hijab of the spirit realm, malakut realm, and unseen nature, all due to iniquity and denial of Allah. Moral (moral), that is, a state inherent in the human soul, which will give birth to deeds easily without going through the process of thought, consideration, or research; or mental attitudes or dispositions described in the form of thinking, speaking, behaving and so on, (3) physical (physical), not all physical disorders can be cured by Islamic therapy unless there is indeed Allah's permission. Several verses of the Qur'an indicate that religion has therapeutic properties for mental disorders.³⁸

يَا أَيُّهَا النَّاسُ قَدْ جَاءَكُمْ مَوْعِظَةٌ مِنْ رَبِّكُمْ وَشِفَاءٌ لِمَا فِي الصُّدُورِ وَهُدًى وَرَحْمَةٌ
لِلْمُؤْمِنِينَ

Means:

"O man! Truly, there has come to you a lesson (of the Qur'an) from your Lord, a healer for the sickness that is in the bosom and a guide and mercy for the faithful" (QS. Yunus {10}: 57)

One of the Islamic therapies that can be applied in the counseling process is faith therapy. Faith therapy is pure faith through worship of Allah Swt. this kind of faith brings tranquility and instruction to the path of truth and goodness. In this connection, if a counselor has problems or obstacles in psychiatric matters, then the counselor declares to justify the faith or draw closer to Allah Swt. by performing Amar ma'ruf nahi munkar.

³⁸ Muhammad Harith Bin Saat, "Model-Model Terapi Rasulullah (Studi Analisis Terhadap Ayat-Ayat Al-Qur'an dan Dan Hadits-Hadits Rasulullah)," *Universitas Islam Negeri Ar-Raniry* (2018).

Being close to Allah means that counselors strive to increase worship and always remember Allah SWT. Whenever and wherever he is, with this kind of therapy, it is hoped that the human soul will become more peaceful and peaceful. Calmness and inner peace are certainly easy for a person to get if he always thinks to Allah Swt. This is in accordance with the word of Allah Swt. in QS. Ar-Ra'd {13}: 28

الَّذِينَ آمَنُوا وَتَطْمَئِنُّ قُلُوبُهُمْ بِذِكْرِ اللَّهِ أَلَا بِذِكْرِ اللَّهِ تَطْمَئِنُّ الْقُلُوبُ ۝

Means:

"(i.e.) people of faith and their hearts become at peace by remembering God. Remember, only by remembering God will the heart be at peace." (QS. Ar-Ra'd {13}: 28)

The birth of tranquility within and peace in the heart of every believer begins with his pure faith in Allah SWT. Namely by always believing and having hope that we will get help and care from Allah Swt. Throughout doing Amar ma'ruf nahi munkar (carrying out the good and preventing destruction). Every believer must actually turn his face to Allah Swt. Thus, we will always feel that Allah Swt. is always with His servant and gives help at all times.³⁹

Islamic therapy service efforts can be done as follows:

1. Strengthening the belief that only Allah has the power to give sickness, trials/tests and Allah is also the one who will heal them, remove these trials.
2. Asking for help from Allah through prayer and being patient. Clients are guided to always draw closer to Allah through prayer and be patient, stand the test in dealing with it. Allah has provided life guidelines in dealing with this in the letter al-Baqarah verse 153 which means *"O you who believe, Make patience and prayer as your helper, Verily Allah is with those who are patient."*
3. Always praying for the recovery of his mental health, Allah obliges His servants to always pray both in the field and in difficulties. Surah al-Baqarah verse 186 which means: *"And when My servants ask you about Me, then (answer), that I am near. I grant the request of a person who prays when he asks Me, So let them fulfill (All My commandments) and let them believe in Me, so that they will always be in the truth."*
4. Always Read the Koran. The Qur'an was sent down by Allah for His believing servants besides being a guide and guidance for life in the world and in the hereafter, it also has miraculous healing powers/solutions for all kinds of physical and psychological disorders such as stress, depression. This guarantee has been stated by Allah in His word which is contained in the letter of Yunus verse 57 which means: *"O people, indeed a lesson has come to you from your Lord and a cure for the diseases (which are) in the chest and guidance and mercy for those who believe."*⁴⁰

³⁹ Lubis, *Konseling Dan Terapi Islam*.

⁴⁰ Zaenal Abidin, "Upaya Terapi Depresi Secara Islami," *KOMUNIKA: Jurnal Dakwah dan Komunikasi* 11, no. 1 (2018): 73–86.

Based on the results of research that have been carried out on the case of sexual abuse trauma experienced by an adolescent victim with the initials AP, it can be argued that this sexual harassment case is basically not only directed or felt by the fair sex or for women. As we know, this sexual harassment is already something that we almost often hear about in our daily lives, but most of the victims of this sexual abuse come from women. In fact, sometimes we are familiar and surprised to hear of a case of sexual abuse that occurs to women, for example, sexual abuse experienced by a daughter where she was raped by her own biological father, then there are also cases of sexual harassment experienced by a female student at a university where the perpetrator is her college lecturer and many more cases of sexual abuse other.

In line with the cases discussed in this study, the victims who experienced sexual abuse were not women but victims who came from among adolescent boys. Of course, it can be understood that this case of sexual harassment is not only threatening the lives of women but of all genders, both men and women. So, basically, both men and women are appropriate to protect themselves from the feared things such as sexual harassment like this because both men and women seem to be no longer safe in expressing or doing whatever they want to do in their daily activities, considering the large number of people who have violated their nature and no longer know the true nature of what they are becoming a human being. It's what it looks like. That is what causes the number of perpetrators of sexual harassment crimes that endanger the mental and physical harm to the victims they abuse.

As is the case with a victim of sexual abuse experienced by a victim with the initials AP. He is a teenage boy who is 20 years old. He experienced sexual harassment where the perpetrator was a transvestite or commonly known as a male woman, and to be clear, was a man who liked to play a role and look like a woman in his daily life. Indeed, usually, these shemale have sexual disorders, namely liking the same sex or better known as gay. They don't like the opposite sex, which is women. They are only attracted to and like their same sex, which is the problem of sexual disorders that many drag queens or gays have.

This victim with the initials AP was sexually assaulted in 2020, precisely at night. The incident took place in a cafe in Pematang Siantar. At the time of the incident, the victim was hanging out with his friends, or his modern term was hanging out with friends around his residence. Then, when the victim wants to return home, the victim shakes hands with all his friends on a round trip. At that time, it turned out that there was a group of shemale in which at that time the transvestite was sitting next to the seat of the victim and his friends, and presumptuously without guilt one of the transvestite groups sexually assaulted the victim by holding, stroking and stroking the lower extremity between the pelvic area and the knee area of the victim who at that time was wearing shorts.

In line with this, the shemale also uttered words that were worth sexual harassment. At the time of the incident, the victim was very surprised and angry because, basically, this victim was a normal person or did not like the same sex. The victim was uncomfortable and scared at the time. The victim also wanted to get angry and beat up the shemale who abused her, but the victim tried to keep herself from getting angry excessively, considering that the place they gathered at the time was a public place, so the victim with the initials AP

tried to restrain her emotions from being controlled. In addition, the victim also said that she also appreciated the people around the cafe because she did not want to embarrass herself because she had been harassed by a shemale.

Most of the victims of sexual abuse are victims who feel very embarrassed and afraid to express or *speak up* about what they have experienced. They always felt that what happened to them was a very embarrassing thing and also a disgrace for many people to know. Therefore, they are always silent and close themselves off from many people. In fact, they also do not have the power to fight the harasser. Sometimes incidents of sexual harassment like this are not witnessed directly by others. If the victim does not have accurate evidence of the act of harassment, such as, for example, a video or photo that depicts and explains how the incident of sexual harassment occurred, then it could be that the victim's argument is not believed if later he wants to report it to the authorities. Therefore, most of these victims of sexual abuse do not have the courage to disclose in detail and in full what they have experienced.

Furthermore, talking about sexual abuse, usually most of the victims who experience it get deep trauma and threaten their psychic and mental well-being. As was the case with the victim, whose initials were AP, the victim said that she had been traumatized since the time of the abuse incident. Since that incident, the victim always feels scared, agitated, alert, and *in shock* when dealing with a group of shemale, even though the transvestite did not do anything strange or immoral like the sexual abuse she had experienced before. Those are the signs of a victim who has experienced trauma. The events he has experienced are hard to forget because, basically, they are not what he wants at all. If the victim sees a person who behaves or has the same personality as the perpetrator who abused him, then he will feel fear, anxiety, alertness, and *shock*.

After doing a study, it turns out that the trauma experienced by the victim with the initials AP has not fully recovered. The victim still feels deep trauma. So far, regarding the healing or recovery of trauma in victims who have a history of trauma in themselves, generally, there are those who can recover on their own over time, but there are also victims who have trauma that is not easy to heal or forget from their trauma. Usually, there is trauma that can generally disappear or heal and return to a normal person within a period of one month, two months, three months, and so on. However, there are some people who experience trauma that will last longer for years. For this reason, a good and correct healing method is needed to recover the trauma of victims who experience problems due to past events that are not wanted, such as the problem of sexual abuse experienced by adolescents with the initials AP.

Regarding this, a way that can be used to overcome trauma in victims of sexual abuse with the initials AP is to implement individual counseling services carried out through Islamic therapy, namely faith therapy. There are actually many Islamic therapies that can be used to overcome the trauma faced by a person. For example, therapy through worship, therapy with fasting, therapy through patience, therapy through istighfar and repentance, therapy through dhikr, and therapy through prayer. However, on the issue of sexual abuse experienced by victims with the initials AP, the researchers advocated and also directed victims to use faith therapy. Faith therapy is pure faith through worship of Allah Swt. this

kind of faith brings tranquility and instruction to the path of truth and goodness. This therapy aims to correct the faith and make the individual become close to God Swt. i.e. by carrying out *amar ma'ruf nahi munkar*. In the process of faith therapy, the victim is expected to carry out a lot of worship and remember Allah Swt. Whenever and wherever he is, the goal is for the victim's soul and heart to be calm and peaceful and peaceful considering that this victim must have experienced trauma and surely his heart is always restless and afraid at all times, especially if he meets the perpetrator or someone who is almost similar to the perpetrator.

Tranquility and inner peace will be felt by the victim if the victim always remembers God in a way that is in accordance with the word of God in QS. Ar-Ra'd {13}: 28 that by remembering Allah Swt. the heart will become calm and peaceful. As is the case with the problem of the trauma experienced by the victim with the initials AP, the trauma he feels is likely to disappear by itself if the victim is able to carry out faith therapy by thinking or remembering Allah Swt. As we know that the Qur'an verse is a guideline for Muslims, it is haram for us if we deny or oppose it. It is God's promise that we must believe in and believe in.

As humans, we can only live or implement the methods that have been recommended for us to do so that the problems we face can be resolved properly. Everything does take a process, especially to eliminate the feeling of trauma due to sexual abuse, it is not an easy thing to get out of situations that interfere psychologically and mentally disturbing us in this case, but all of them can be faced and can be resolved if we want to try and fight so that we can escape the downturn that interferes with our lives. We just have to try, maneuver, and pray, and the last one leaves it all to Allah Swt.

As human beings, we must also be convinced that if Allah is Just, Allah will not give trials to his ummah unless the ummah is able to deal with them. Why do these AP victims have this kind of sexual harassment problem? of course, the victim is basically a person who is able to deal with problems like this in the eyes of God. From this is the role of the individual counseling guidance service for the victim by reassuring the victim that the problem he is facing will definitely be resolved and he will be detached from the trauma he is facing. The victim must also be convinced that if God is Just, God will not give trials beyond the limits of one's ability. Researchers can only provide input and directions on how this victim can escape the trauma that bothers her. The rest is returned to the victim, whether she wants to carry out the directions given so that she can get out of the problem she faces, namely sexual harassment.

Then victims are also reminded to cover their genitals at all times and in carrying out their daily activities because, as we know, there are many cases of sexual harassment regardless of the condition of the victim. There are those who cover their genitals properly and correctly, but it is possible that they can still get sexual harassment as well. Based on statements like this, it can be concluded that people who cover their genitals properly and correctly can still be used as objects for harassment, especially for people who do not cover their genitals, as was the case with this AP victim at the time of the harassment incident that she experienced wearing short pants, even though In our religious regulations, it is

obligatory for women to cover the nakedness for women from head to toe except the palms of the hands and for men from the navel to the knees.

From this issue, the victim can also be given directions that the way she dresses that night is capable of triggering sexual harassment. As humans, we can't guess what will happen in the future, but we can anticipate bad things that might happen to us, such as sexual harassment. At least more or less, we have carried out God's commandments that will certainly guard us against unwanted things. How much better if we get that ordeal when we are actually in a state of exercising our nature or essence as actual human beings? So, when we experience a calamity, we are able to feel patient and sincere because, as human beings, we have carried out our obligations properly and correctly and, of course, can help ourselves to avoid immoral acts that we do not want, such as sexual harassment.

D. Conclusion

Sexual harassment is an act that is not wanted by the victim, which can bring down the dignity of human beings, both men and women. A problem can be said to be sexual harassment due to rejection from the victim. Sexual abuse that occurs will usually cause deep trauma to the victim. Of course, individual counseling can help in dealing with the trauma. Individual counseling can be carried out using Islamic therapy, and in alleviating problems, should refer to the foundation of Islamic shari'a, namely the Qur'an and Hadith, so as to direct a person to obtain peace and tranquility in oneself, both in the world and in the hereafter.

Sourced from the results of research, it has shown that the implementation of individual counseling services through Islamic therapy, such as faith therapy, will be very effective to apply to one of the adolescent victims of sexual abuse. As has been applied by researchers, the individual counseling services that have been implemented by researchers through Islamic therapy provide positive results in overcoming trauma in one of the teenage boy's victims of sexual abuse. The teenager is increasingly motivated to increase his faith in him by drawing closer to Allah Swt. in carrying out *Amar ma'ruf nahi munkar*. Thus, over time individuals will have a healthy mentality in living their daily lives in line with the provisions of Islamic shari'a.

There is also a suggestion that is linked to this research for teenagers to be more vigilant in living their daily lives, both with anyone and anywhere. Moreover, the teenager must instill faith in himself and always believe and have hope that every action taken will get the care and help of Allah SWT as long as the teenager carries out *Amar ma'ruf nahi munkar* (carrying out the good and prevents impurities).

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