



ISLAMIC E-COUNSELING THERAPY SERVICES FOR TEENAGE PSYCHOLOGIST VICTIMS OF SEXUAL ABUSE

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Abstract

Sexual harassment is nothing new, we have heard news that for many years, women have received treatment that is disrespectful to their hearts and selves. Recently, there have been many cases of women experiencing harassment and sadly it was carried out by relatives and people in their life environment. This bad treatment was carried out by people who were supposed to protect themselves from various threats from the outside world, but it was the people closest to them who were the perpetrators of the sexual harassment. Counseling services for the psychology of adolescent victims of sexual abuse are carried out using descriptive qualitative methods. with direct involvement, the type of approach is phenomenology. There are several implementation series consisting of activity matrices, starting from the preparation stage to the closing stage. Islamic Counseling service activities based on the e-Counseling Islamic Therapy (CIT) application help reduce the psychological pressure on adolescent victims of sexual harassment in the Regional Technical Implementation Unit for the Protection of Women and Children in Bogor City. E-counseling services are needed to facilitate counselees in the counseling process so that the application helps in handling it as a medium. Counseling is carried out in several meeting sessions that have been agreed upon with the counselee and counselor/psychologist. The counseling process is carried out systematically based on the guidelines and techniques that already exist in the counseling application. There were 9 meetings in this counseling session using the individual counseling method.

Keywords: *E-Counseling Islamic Therapy, Teenagers, Psychological Assistance, Sexual Harassment.*

Abstrak:

Pelecehan seksual memang bukan hal baru kita dengar beritanya bertahun-tahun lamanya para perempuan mendapatkan perlakuan yang tidak mengenakan hati dan dirinya. Akhir-akhir ini banyak kasus perempuan yang mengalami pelecehan dan mirisnya dilakukan oleh saudara dan orang-orang yang berada dilingkungan hidupnya. Perlakuan yang buruk itu, dilakukan oleh orang yang seharusnya melindungi dirinya dari berbagai ancaman dunia luar, akan tetapi justru orang-orang terdekat itulah yang menjadi pelaku pelecehan seksual tersebut. Layanan konseling pada psikologi remaja korban pelecehan seksual dilakukan dengan metode kualitatif deskriptif. dengan keterlibatan langsung, adapun jenis pendekatan yaitu *phenomenologi*. Ada beberapa rangkaian pelaksanaan yang terdiri dari matrik kegiatan yaitu mulai dari tahap persiapan sampai penutup. Kegiatan layanan Konseling Islam berbasis aplikasi *e-Counseling Islamic Therapy (CIT)* membantu mengurangi tekanan psikologis pada remaja korban pelecehan seksual di Unit Pelaksana Teknis Daerah Perlindungan Perempuan dan Anak Kota Bogor. Layanan e-counseling diperlukan untuk memfasilitasi konseli dalam proses konseling sehingga aplikasi membantu dalam penanganan sebagai media. Konseling dilakukan dengan beberapa sesi pertemuan yang telah disepakati bersama konseli dan konselor/psikolog. Proses konseling dilakukan secara sistematis berdasarkan panduan dan teknik yang sudah ada pada aplikasi konseling. Sesi pertemuan dalam konseling ini sebanyak 9 kali pertemuan dengan metode konseling individu.

Kata Kunci: *E-Counseling Islamic Teraphy, Remaja, Pendampingan Psikologis, Pelecehan seksual.*

A. Introduction

The phenomenon of acts of sexual harassment that occur in Indonesia has received attention from various circles of society; news about sexual harassment is widespread in multiple news reports, including cases such as; rape committed by the victim's family or even people they don't know, cases of sodomy, child trafficking, and many other cases. Types of sexual harassment experienced by teenagers verbally and nonverbally. As a result of the abuse experienced by teenagers leads to mental disorders. There were 117 student victims of sexual harassment recorded throughout 2022, with the number of victims being 117 children, 16 boys and 101 girls. This data shows that the worrying condition of these cases is like an iceberg phenomenon that does not appear in public. However, many teenagers experience instances of sexual harassment; ironically, the perpetrators of sexual harassment are the people closest to the victim, such as family, teachers, and even their playmates. Of course, this triggers a feeling of trauma in the victim, for example, experiencing changes in behavior and emotions, feeling worthless, feeling unworthy of love, and even having difficulty socializing with the environment.¹

¹ CNN Indonesia, Kekerasan seksual, diakses pada tanggal, 09 Juni 2023.

Sexual harassment is a crisis that needs psychological attention, precisely ongoing assistance, and appropriate treatment. "According to Sigmund Freud, every human being has a libido (lust) that demands to be vented, and the libido is imprisoned in the human body and is constantly struggling to be vented, and because humans cannot bear to excite the libido which is continually thrashing, the action taken What humans do then is to compensate in other forms of social interaction, for example carrying out sports activities, studying, working, joining political organizations, forming associations and other activities to divert or compensate for the distribution of libido which always demands to be vented, but can be diverted. In a positive way²."

A case that occurred recently was a father who slept with his child until she became pregnant; the victim was forced to have sexual intercourse for one day and finally became pregnant.³ Then, there was a teenager who was forced to have sexual relations with his older sibling.⁴

Several researchers have conducted previous studies on sexual harassment, including Ahmad Junaedi, UIN Khas Jember 2021, entitled "Assistance and Empowerment of Women Victims of Violence in Jember Regency Through the Crisis Center and Gender-Based Family Education."⁵ This dedication focuses on the issue of sexual violence, which is not paid enough attention by the outside world, especially nationally and internationally. Gender equality in this service is created so that there is equal treatment between women and men. Service is carried out using a legal mediation approach and socialization of gender insight to victims and victims' families. This activity was carried out through lectures and discussions related to sexual violence experienced by victims in the outdoor area. Then Angudhi Anas Cahyadi, UIN Mataram, in 2022, entitled "Recovery from Psychosocial Trauma in Women Victims of Sexual Violence in Green Houses."⁶ This service focuses on psychological assistance with the help of psychologists and volunteers. This service seeks to reduce the psychological pressure experienced by victims of sexual violence. The community service program aims to motivate victims by providing psychological assistance and identifying problems. Next, Annisa Pratiwi Rosjayani, UIN Sunan Gunung Djati Bandung, in 2022, entitled "Empowerment of Women Victims of Sexual Violence."⁷ The results of the service emphasize identification and services for victims of sexual violence using a persuasive approach method with psychological

² Sigmund Freud, <https://psike.id/teori-psikoanalisis-sigmund-freud-pandangan-insting-teori-kecemasan-serta-tingkatan-struktur-perkembangan-kepribadian/> diakses pada tanggal 12 Januari 2024.

³ Data UPTD PPA, Kota Bogor 2022

⁴ *Ibid*,...UPTD PPA

⁵ Ahmad Junaedi, UIN Khas Jember, 2021 "Pendampingan Dan Pemberdayaan Perempuan Korban Kekerasan Di Kabupaten Jember Melalui Crisis Center Dan Pendidikan Keluarga Berwawasan Gender"

⁶ Angudhi anas Cahyadi, UIN Mataram, 2022. *Pemulihan Trauma Psikososial pada Perempuan Korban Kekerasan Seksual di Rumah Hijra*.

⁷ Anisa Pratiwi Rosjayani, 2022. *Pemberdayaan Perempuan Korban Kekerasan Seksual*.

assistance service institutions. Then, women victims of sexual violence are given skills to develop soft skills, namely sewing.

Based on the service above, empowerment for women who experience sexual violence or sexual harassment is a form of service that is needed psychologically. Innovation is required in the psychological treatment carried out by psychologists in integrated service institutions and other social institutions. The innovation that can be brought up is in the form of services that can be enjoyed by victims of sexual harassment anywhere and anytime. The striking difference from this research is that the digital-based counseling service, the psychological strengthening approach tries to design an application that can be enjoyed by counselors and psychologists in social rehabilitation environments, namely social service centers, and does not rule out the possibility that it can be applied in educational institutions and the general public for teenagers. The digital counseling application contains information services, education, and guidance for carrying out therapy independently.

The National Commission for the Protection of Children and Women mentions several forms of physical sexual harassment, including rape, sexual harassment, sexual exploitation, sexual torture, sexual slavery, as well as intimidation with sexual nuances and threats or attempts at rape⁸. Cases of sexual harassment that are rife at the moment have a terrible impact on the lives of victims of sexual harassment, namely resulting in long-lasting trauma that can even last a lifetime⁹.

Based on the problems experienced by victims of sexual harassment, this research will focus on the use of the "e-Counseling Islamic Therapy" application as an additional facility in providing psychological assistance for teenagers who experience sexual harassment. During the counseling process, this digital application will help the counselee (victim of sexual harassment) to understand their psychological condition based on the information provided in the application. Then, the counselee can look for information regarding early treatment of the incident they are experiencing. The "e-Counseling Islamic Therapy" application provides insight and independent therapy steps for victims of sexual harassment. The "e-Counseling Islamic Therapy" application can be used by parents, teachers, and practitioners to provide responsive treatment for their children experiencing sexual harassment, considering that not all victims have the courage to report the incidents they experienced.

B. Method

⁸ Suci okta linda *Cognitive Behavior Therapy dalam meningkatkan self* anak korban pelecehan seksual di jorong "S" Tanah Datar IAIN Batu Sangkar, 2019.

⁹ Observasi, P2TP2A Kota Bogor, pada tanggal 06 Juni 2023.

The method used in assisting young victims of sexual harassment is conducting therapy sessions using the e-Counseling Islamic Therapy (CIT) application. Methodologically, the method used is qualitative. The therapy process is carried out with the help of the e-Counseling Islamic Therapy (CIT) application, which contains information media for carrying out therapy programs as a guiding tool. Individuals will be trained to control and replace irrational thoughts with productive thoughts. As a result of the therapy process, individuals will fill out a satisfaction questionnaire with a one-group pretest and posttest design with an experimental research approach based on the efforts made. For example, Individuals can measure the stress they feel and the reduction in psychological disorders they experience. The therapy will be conducted in several sessions tailored to the client's condition.

The time for conducting research at the Regional Technical Implementation Unit for the Protection of Women and Children, Bogor City will be from August to September 2023. This service will be performed at the Center for Pelayanan Terpadu Pemberdayaan Perempuan Dan Anak (P2TP2A) Kota Bogor. Jl. Destarata IV No. 3 RT.01/RW.16, Tegai Gundil, Kec. Bogor Utara, Kota Bogor, Jawa Barat 16152. The reason for choosing this place was that a preliminary study of the location had previously been carried out, and the phenomena that occurred had been analyzed. In this place, some teenagers had experienced sexual harassment and needed to get psychological help. The targets of the service activities are teenage victims of sexual harassment who experience psychological pressure and receive protection at the Regional Technical Implementation Unit for the Protection of Women and Children in Bogor City. The number of victims of sexual harassment being handled by the Regional Technical Implementation Unit for the Protection of Women and Children in Bogor City is seven teenagers. The psychological pressure experienced is low self-esteem with disturbance, feeling humiliated, not easy to get along with, restlessness, withdrawal from the environment, and low motivation.

C. Results and Discussion

Counseling services for psychological assistance to adolescent victims of sexual harassment are facilitated with the Islamic therapy e-counseling application. This application is quite helpful in the treatment process because the features available can help counselors in the counseling process.

This simple application has facilities ranging from counseling biodata to counseling records videos (containing motivation and reflection). In the counselor facilities section, the biodata of counselors, including psychologists, Islamic counselors, and conventional counselors, are available according to their expertise in their field. Apart from that, there is a quiz facility as practice and intelligence for the counselee. This facility is imperfect, but the counselee can do it independently, and you can see the results directly. Then, this therapy

facility contains instructions that counselors must carry out in the therapy/counseling process. The content of the therapy menu uses REBT theory in collaboration with muhasabah in an Islamic context, so approaches and techniques are integrated into this application. The function of therapy will be to form or reduce feelings of disappointment at not being appreciated and strengthen rational and productive thoughts to counter irrational thoughts.

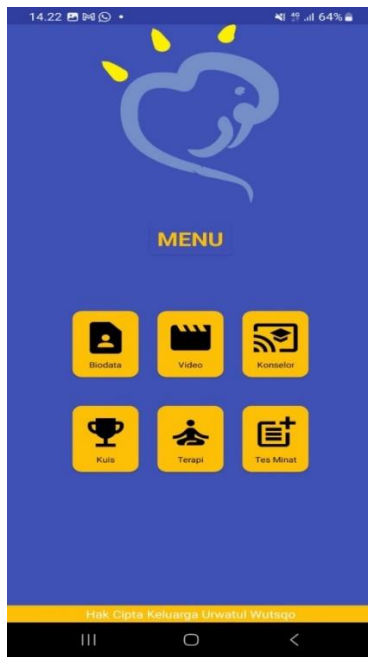


Figure 1.1 Islamic Therapy (CIT) E-Counseling Display on Smartphone

The e-Counseling Islamic Therapy (CIT) application still needs up-to-date development and design. This application can be run on Android and can be installed manually. Due to technical and cost constraints, this application has not been uploaded to the Play Store. However, this application can be put to good use in the counseling process as a means of supporting counselors and psychologists. Application development needs to be improved by uploading it to the Play Store and making several changes. We hope this application can be empowered and used in social rehabilitation centers after development, considering the need for counseling services as a preventive measure and responsive assistance to the community. Below, we include an Islamic therapy e-counseling application that can be downloaded [here](#). This application can provide the scope of counseling services with relatively the same problems and is compatible with existing therapy. However, other therapies need to be added and developed with different facilities. We hope this application can be used among the public as a social and social service. Therefore, we are interested in developing this application thoroughly with various benefits for the wider community.

Islamic Counseling Services, based on the e-Counseling Islamic Therapy (CIT) application, helps reduce psychological pressure on adolescent victims of sexual harassment in the Regional Technical Implementation Unit for the Protection of Women and Children in Bogor City.

Counseling activities are carried out to reduce the risk of psychological pressure in young victims of sexual harassment by conducting intensive counseling divided into several face-to-face meeting sessions with victims and using e-counseling applications as a medium in the counseling process. The mentoring process is assisted using the Islamic therapy e-counseling application. Mentoring is carried out in several meeting sessions with the counselee, namely nine meetings with a reasonably long agenda.

The application of e-counseling based on digital media can be summarized in the treatment activities and activities carried out with the help of the e-counseling application; the material in the application is as follows:

No.	Therapy	Discussion	Result
1	Assessment	Approach with the victim	Identifying the victim's problems, the victim's needs and measuring the scale of the victim's sense of trauma
2	Conduct counseling using graphic media	Ask the victim to draw houses and people	From the results described by the victim, this victim tends to lack love from his parents, and he finds it challenging to open up to other people.
3	<i>Belief</i>	Belief is one of the ABCDEF model techniques in the REBT technique; this Belief model determines the victim's beliefs.	Victims have irrational beliefs about life, one of which is that victims believe that victims of sexual harassment will not be accepted by society.
4	<i>Activating event</i>	The trigger for the trauma experienced by the victim	The victim experienced sexual harassment by her boyfriend by being sexually assaulted by threats
5	<i>Consequence</i>	When the Belief and Activating Event are contradictory, a consequence will arise for the victim.	Victims experience emotional changes, namely easy to cry, restless, restless, and changes in behavior, namely reduced self-confidence and not wanting to socialize in their environment.
6	<i>Dispute</i>	Change irrational thinking by using the muhasabah method	The counselor provides a motivational video with an Islamic nuance, which makes the victim

			think more rationally. For example, the counselor invites the victim always to include Allah in everything. Every human being has the strength to face every test that Allah gives. This session ends with Istighfar saying Alhamdulillah, for everything Allah has given will always have wisdom.
7	<i>Effect</i>	To find out the victim's thoughts after conducting counseling using the Dispute mode	Victims can think more rationally than before, just as victims can accept their situation than before,
8.	<i>Muahasabah</i>	Counselees are invited to muhasabah by digitally watching video questions and instructions on the application.	Be aware of your emotional state and develop positive feelings about the situation.
9	<i>Feeling</i>	Identifying the victim's feelings before and after conducting a counseling session	The scale of the victim's trauma decreases so that the victim is more able to control his emotions, and the victim even begins to be able to socialize with his environment.
10	<i>Evaluate</i>	Identifying the victim's condition from the victim's thoughts and behavior	The victim felt the counseling side was enough, so the counselor closed the session with a thank you.

Psychological Development of Adolescent Victims of Sexual Abuse After Being Provided with Psychological Assistance

A case of sexual harassment experienced by the victim with the initials "S," aged 16 years, this case of harassment was carried out by her boyfriend with the initials "A," which was carried out on a rented basis; the initial incident of this harassment was due to a threat made by "A" to "S" this threat If "S" refuses "A"'s invitation to have a relationship, then "A" will spread the disgraceful photo of "S" on "A's cellphone," like it or not, the victim with the initials "S" is forced to have a relationship with "A". The 16-year-old victim with the initials "S" was harassed by the victim's boyfriend with the initials "A" by threatening him, spreading the

victim's disgrace on the perpetrator's cellphone so that the victim was forced to have a husband and wife relationship with the perpetrator because he was afraid of the perpetrator's threats, the victim experienced a feeling of trauma which made him the victim experiences emotional changes such as the victim feeling restless and crying easily, the victim even experiences changes in behavior that make the victim afraid to socialize with his environment.

In this case, the counselor decided to conduct counseling using the REBT technique with the ABDEF model, namely Activating Event, Belief, Consequence, Dispute, Effect, and Feeling, to change the victim's irrational thinking, the initial stage of counseling, the counselor will start the first meeting beginning with an initial assessment for approach the victim emotionally and to identify the problems and needs of the victim and measure the scale of trauma to the victim. To calculate this scale, it can be seen from the victim's appreciation of his sadness. If the victim's appreciation of sorrow is profound, then it is certain that the victim's scale is above number six after holding the first counselor meeting. Will schedule a second meeting; for this second meeting, the counselor will conduct a counseling session using graphic techniques, namely asking the victim to draw houses and people; from the results of the victim's drawings, the counselor can identify the victim's character, at the third meeting the counselor will enter the REBT technique with the ABCDEF model.

In the first model, the counselor will enter the victim's Belief model; the victim has the belief that anyone who experiences harassment will not be accepted by society; after knowing the victim's self-confidence, the counselor will enter the Activating Event model, namely, the trigger for an event that causes the victim's behavior to become irrational, trigger the incident for an event that causes the victim's behavior to become irrational, The trigger for the incident was that the victim experienced sexual harassment by her boyfriend by being sexually assaulted, not only by being sexually assaulted, the victim also experienced threats from her boyfriend, because Belief and Activating Events are contradictory, a consequence will arise, which changes the victim's behavior and emotions, the victim experiences emotional changes. Such as crying easily and always being restless, and the victim experiences changes in behavior, such as the victim being afraid to socialize with his environment and even the victim can no longer trust everyone.

To change the victim's irrational thinking, the counselor enters the Dispute model using the muhasabah method. In this muhasabah method, the counselor displays a motivational video with an Islamic nuance, and the counselor reinforces the victim by providing motivation that always involves the name of Allah in everything after conducting the session. In counseling using the disputed model, the counselor will enter the effect model to determine whether the victim's irrational thinking has changed into rational thinking. The counselor will enter the feeling stage, namely identifying the victim's feelings before and after the counseling runs; for the last meeting, the counselor will evaluate the victim to determine whether there is a need for further counseling sessions.

For the victim with the initials "D" who experienced sexual harassment by the victim's biological father, for the belief that he felt no longer valuable, Belief arose because of an Activating Event or incident experienced by the victim, namely being harassed by the victim's biological father with the way the victim's biological father had sex with him, from the Activating Event, emotional consequences and changes in behavior experienced by the victim would grow, namely, difficulty sleeping, feeling worthless, and emotional changes, restlessness, anxiety, feelings of hatred for the biological father. Victims with irrational thoughts and disputes will change irrational thoughts into rational thoughts by playing roles such as introducing famous figures who have experienced sexual harassment but can recover and become successful people. To find out the results of the dispute, you will see an effect on the victim, such as the victim being able to think more rationally than before. There will be a final session, namely Feeling, to determine the results of applying Rational Emotive Behavior Therapy techniques.

The case experienced "Y" was that he was forced to have sexual intercourse more than once by his brother, who was working at the victim's father's house. At the time of the incident, the victim was alone when his father and mother went to work. Suddenly, the perpetrator, who was working at home, came into the room and forced the victim to have sexual intercourse. As a result of this sexual harassment, "Y" felt afraid when meeting men, indicated by a pale face and physical shaking. After carrying out treatment, the victim's condition changed, although based on the results of the counseling, a new problem was discovered, namely that "Y" felt comfortable with people of the same sex and often had close relationships with female friends. The psychological development of the three counselees was quite good, showing a willingness to improve their psychological condition. During counseling activities, there is cooperation in completing the counseling sessions we design in the field. Each counselor feels that there is development within themselves, so the mentoring process is supposed to help the psychological condition of the counselees.

The pattern implemented at least provides positive reinforcement to build new hope for counselees who are victims of sexual harassment. As Albert Elis expressed, positive reinforcement is related to reinforcement given to people who are anxious and experiencing stress.¹⁰

¹⁰ Albert Elis, Rational Emotive Behavior therapy, Hal 283.

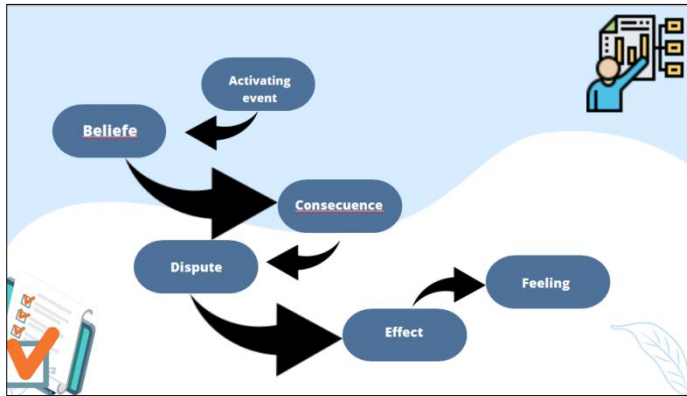


Figure 1.2 Systematic Treatment Flow

The Islamic nuance in this theoretical concept is shown in the individual's confidence in responding to and resolving problems based on Islamic values. The persistence of Islamic values is strengthened to control negative influences within oneself (irrational belief). Humans are natural creatures with Aql, Qalb, Nafs, and Spirit. Where Aql is always related to positive or negative thoughts, Qalb is associated with the reaction of Aql or the driving force of the mind. As the hadith narrated by Bukhari and Muslim:

"Remember that in the body there is a piece of flesh; if it is good, then the whole body is good, and if it is damaged, the entire body is injured. Remember that piece of meat is the heart."¹¹

Nafs is related to feelings; the resulting tendency is to force desires to satisfy oneself. And the spirit is the essence of the heart, which is knowledge of the functioning of the Qalb.¹²

Of the four human natures, in line with the theory of Rational Emotive Behavior Therapy, humans tend to think rationally and irrationally and tend to complete masturbation or a necessity that arises because of lust. Thus, of the four human natures, the ones that most dominate and align with the theory of Rational Emotive Behavior Therapy are Aql and Nafs. The concept of Rational Emotive Behavior Therapy (REBT) in ABCDE is (A) an activating event, which is a triggering experience that triggers an individual's emotional beliefs. These beliefs are beliefs that the individual believes, positive or negative beliefs that have emotional consequences again. The individual must accept the implications of their beliefs; the differences are the consequences of their beliefs. The effects are the effects of rational beliefs.

D. Conclusion

¹¹ *Ibid*, hlm.21

¹² *Ibid*, hlm.21

Based on the explanation above, several important points can be concluded regarding the results of this assistance, namely as follows:

1. Assistance with Islamic Counseling services based on the e-Counseling Islamic Therapy (CIT) application helps reduce psychological pressure on adolescent victims of sexual harassment in the Regional Technical Implementation Unit for the Protection of Women and Children in Bogor City. This assistance is carried out in several meeting sessions agreed upon with the counselee and counselor/psychologist. The counseling activity process is carried out systematically based on the guidelines and techniques already in the counseling application. There were nine meetings in this counseling session using the individual counseling method—core counseling sessions such as activating events, beliefs, disputes, consequences, effects, and feelings.
2. The psychological development of adolescent victims of sexual harassment after being given psychological assistance through the e-Counseling Islamic Therapy (CIT) application at the Regional Technical Implementation Unit for the Protection of Women and Children in Bogor City showed quite impactful results. The psychological development that can be seen is that counselee “D” experiences decreased emotions and psychological pressure, anger, disappointment, and self-acceptance. Meanwhile, in condition “S,” changes occur, indicated by feeling more relieved and trying to get up gradually with positive beliefs. On the other hand, “Y” feels valued and has a place to talk about the problems he is facing and a strong desire to escape psychological pressure.

Recommendations for further research for counselors and psychologists are expected to increase optimization and facilities in the treatment process. Throughout the treatment, we experienced difficulties related to facilities such as therapy courses. Meanwhile, on the theoretical side, it is necessary to develop a more digitally sophisticated application design with illustrative applications; of course, this will cost quite a lot. Then, for cases of sexual harassment not only in institutions/religious centers but also spread across Islamic boarding schools and other educational institutions, the scope of this research should also be paid attention to.

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