


Implementation of Rational Emotive Behavior Therapy in Overcoming Deviant Sexual Orientation: A Case Study

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	ABSTRACT
<p>ARTICLE INFO: Received November 26, 2024</p> <p>Revised December 17, 2024</p> <p>Accepted December 30, 2024</p> <p>KEYWORDS: Deviant, Sexual Orientation, Rational Emotive Behavior Therapy, Women Prison Inmates.</p>	<p>Deviant sexual orientation, particularly same-sex attraction, is a complex issue that often results from various internal and external factors. This research formulates several key issues: what is the form of deviant sexual orientation in the subject, what factors cause this deviant sexual orientation, and how can Rational Emotive Behavior Therapy (REBT) be applied to address it? This study uses a qualitative approach with a case study method, focusing on a subject, referred to as "client 'R'," who is an inmate at the Class II A Palembang Women's Prison. Data collection techniques include observation, interviews, and documentation, while data analysis involves pattern matching, explanation, and time series analysis. The findings indicate that client 'R' exhibits deviant sexual orientation, specifically a lesbian attraction to other women. The factors contributing to this behavior include environmental influences such as the absence of men in the prison and the lack of private spaces for inmates to fulfill their sexual needs with lawful partners. After five counseling sessions using REBT, client 'R' began to recognize that her behavior was against her natural inclinations as a Muslim and that it was strongly opposed by religious beliefs. Additionally, she became aware of the negative consequences, including the potential alienation from her family and exposure to health risks like HIV/AIDS. As a result, client 'R' showed a willingness to change her irrational (lesbian) mindset into a more rational one, guided by her values and understanding of the consequences.</p>

INTRODUCTION

Social creatures have a motive to enter into relationships and live together with other people. Humans need relationships not only with other individuals but also with the environment in which they live (Zimmer-Gembeck et al., 2021). This relationship between humans is to fulfill their life needs, while to achieve these desires, it is necessary to realize them in the form of action through reciprocal relationships called social interactions (Yusoff & Ebrahimi, 2017). Social interaction can also be called a social process and is the primary condition for social activities. Social interaction is a relationship between individuals and their environment, especially their psychological environment (Romieh et al., 2023). An individual's relationship with their environment is generally in the context of self-adjustment, either autoplasic (changing oneself according to environmental conditions) or alloplastic (changing the environment according to one's circumstances or desires) (Haskett & Willoughby, 2007). The ongoing relationship between individuals and each other is to adapt themselves reciprocally (Lestari, 2023).

According to the counseling concept, humans as biological creatures have the essential potential to determine human personality through instinct (Seligman & Reichenberg, 2010). Humans live fulfilling the demands and needs of instinct. There are three types of instincts in human life, namely (1) libido to express sexual energy, (2) eros (life instinct), which are all actions that cause or obtain pleasure and avoid distress and pain, (3) Thanatos (death instinct) is an unconscious urge or desire to die or to harm oneself or others, this death instinct is also called aggressive drive (Hurlock, 2014). This instinct aims to obtain pleasure, satisfaction, and enjoyment and avoid all forms of distress. Humans relevant to this instinct are called lust in all its characteristics and forms (Yestapiani,

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2023). Lust means the soul that Allah has given to it various kinds of powers and various kinds of instincts, with these powers and instincts, the soul obtains the perfection of life (Sutoyo, 2015). There are two basic characteristics of lust, namely, As-Syahwat and Al-Hawa (Nashori et al., 2019).

There is a story in the Koran that explains the practice of same-sex relationships. This story tells about the Prophet Lut and his people called the Sodomites, who liked to engage in same-sex sexual activities, as stated in Surah Al-A'raaf verses 80-82, which means:

"...And (we also sent) Luth (to his people). (remember) when he said to them: "Why do you do that faahishyah act, which has never been done by anyone (in this world) before? Indeed, you come to men to release your lust (to them), not to women you are a people who go beyond the limits..."

The verse above states that Luth's people, those who are gay or LGBT, are called Fahisyah's actions. Fahisyah means the worst evil. According to linguists, everything that goes beyond the limits can be called "fahisyah", but this is specifically for things that are bad and not liked by normal nature, whether in words or actions. All things that are not following the truth and reasonable levels are also called "fahisyah". It is wildness and stupidity, the opposite of politeness, self-control, and common sense. In this case, individuals need guidance so they don't fall into the trap of the story of Prophet Luth.

Deviant sexual orientation, such as same-sex attraction and relationships, has become a significant concern due to its potential impact on individual psychological well-being, social harmony, and adherence to moral and cultural values (Purba, 2019). This issue often arises from irrational beliefs and unresolved emotional conflicts, leading to behaviors that deviate from societal norms and expectations (Fontana & Siriwichai., 2022). Left unaddressed, such orientations can result in personal distress, strained relationships, and broader societal challenges. Therefore, addressing this issue is urgent to support individuals in overcoming these deviations through appropriate guidance and therapeutic interventions, enabling them to achieve healthier emotional states and align their behaviors with normative values (Mukhid, 2019).

Heterosexuality is a normal situation, namely that men have a sexual orientation towards women or vice versa, women have a sexual orientation towards men (Sudirman, 2019). This state of crossing is what is said to be normal sexual orientation because every living creature can reproduce because of a cross, if the cross is not carried out it will not be able to develop better (Putri, 2023).

Deviant sexual orientation has become a critical issue that demands urgent attention due to its impact on individual mental health, social relationships, and cultural norms (Kusila & Huwae, 2023). This phenomenon often stems from irrational beliefs and emotional disturbances, leading to behaviors that deviate from widely accepted societal values (Hartati et al., 2018). If left unaddressed, it can result in personal distress, hinder personal development, and disrupt social cohesion. Therefore, effective interventions, such as counseling and therapeutic approaches, are essential to help individuals realign their thoughts and behaviors, fostering emotional well-being and harmony within society (Bejakovich & Flett, 2018).

However, in reality, there is a phenomenon in the Palembang Class II A Women's Prison, there are many conflicts, one of which is lesbian. A Lesbian is a sexual deviant who likes women and women or sexual relations between two people of the same sex (woman and woman) who love or experience sexual stimulation of the same sex. Kartono explained, "A person may have multiple sexual deviations, even if one of these deviations is dominant. For example, symptoms of fetishism and exhibitionism can coincide with homosexual behavior, or bisexuality can go hand in hand with satisfying heterosexuality (Mizock & Lundquist, 2016).

Based on the above phenomenon, one of the roles that can be done for the problem is seen in the psychological aspect, namely Guidance and Counseling services, namely through individual

counseling services, group services, REBT guidance, and others (Majdi, 2024). Through counseling services, one of them is the Rational Emotive Behavior Therapy technique, where this technique aims to change the client's irrational views and beliefs into rational ones, helping to change the client's attitudes, ways of thinking, and perceptions, it is hoped that they will be able to develop and achieve normal self-realization in having sex.

Objectives

The objective of addressing deviant sexual orientation is to help individuals overcome irrational beliefs and maladaptive behaviors that lead to such deviations, enabling them to achieve psychological well-being and align their actions with societal norms and values. Through appropriate therapeutic interventions, such as Rational Emotive Behavior Therapy (REBT), the aim is to foster a shift in perspectives, promote healthier emotional regulation, and encourage the development of rational thoughts and behaviors. This process ultimately seeks to support individuals in achieving personal growth, improving social relationships, and contributing positively to their communities.

METHODS

Research Design

This study is field research conducted systematically by collecting data directly from the field. It employs a qualitative approach, aiming to understand phenomena experienced by the research subject holistically and descriptively. This approach focuses on capturing behavior, perceptions, motivations, and actions in a natural context using words and language. The method used is a case study, which involves an intensive, detailed, and in-depth investigation of a specific event or phenomenon (Cresswell, 2014). The selected case represents an ongoing, real-life situation, providing an opportunity for a comprehensive analysis.

Participant

The study involves a single respondent who is directly related to and represents the case under investigation. This individual is purposefully selected based on their relevance to the research objectives and their ability to provide in-depth and comprehensive insights into the phenomenon being studied (Satori & Komariah, 2015).

Procedure

The research procedure includes identifying and selecting the respondent, building rapport to ensure openness during data collection, and conducting data collection in the respondent's natural context. The process is focused on understanding the respondent's experiences, behaviors, and perceptions through a systematic approach that maintains the authenticity of the data.

Instruments

The instruments used in this study consist of in-depth interviews, direct observations, and documentation analysis (Moleong, 2014). In-depth interviews are conducted using semi-structured questions to explore the respondent's thoughts, feelings, and experiences comprehensively. Observations are carried out to capture the respondent's behaviors, interactions, and environmental context, providing non-verbal and situational insights. Documentation analysis is employed to review relevant records or materials that complement the data from interviews and observations, ensuring a thorough understanding of the case. These instruments are designed to work together, providing a rich and holistic view of the phenomenon being studied.

Data Collection and Analysis

Data collection involves conducting interviews, observing the respondent in their natural context, and reviewing supporting documents to gain a comprehensive understanding of the phenomenon. The data is analyzed using a thematic analysis approach, where patterns and themes are identified, interpreted, and synthesized to provide an in-depth understanding of the respondent's experiences and the case context.

RESULTS AND DISCUSSION

Results

Counseling steps consisting of attending, assessment, and treatment (Attending)

First, the counselor carries out the attending process. In the attending process, the counselor describes counseling activities to the client using the Rational Emotive Behavior Therapy (REBT) approach. This activity aims to give the client an idea of the activities that will be carried out. Apart from that, the counselor agrees with both parties regarding the therapy that will be carried out, and between the counselor and the client, they get a good relationship by carrying out the attending process. Attending for client "R" was carried out on January 20, 2024, at 09:00-10:00 WIB, attending lasted for 1 hour at the prison. The attending process resulted in the counselor and client having a good relationship.

Assessment

In the assessment process, the counselor looks for and understands the problems the client is facing and their severity clearly and precisely (if possible). The assessment for client "R" was carried out on January 22, 2024, at 09:00-10:00 WIB, which lasted 1 hour. The adaptation problems experienced by client "R" are adaptation problems related to adaptation to deviant sexual orientation (lesbian), adaptation to client "R". Client "R" felt regretful because he had become acquainted with drugs, which caused client "R" to enter prison and the deviant sexual orientation that client "R" experienced started when client "R" entered prison. Environmental factors are also among the causes of deviant sexual orientation (lesbian) in "R" clients. Another factor is that in women's prisons, there are no men, and there are also no romance rooms to fulfill the sexual needs of inmates for their halal partners.

These beliefs had an impact on the behavior and emotional condition of client "R" who felt that she was guilty because she had violated her nature as a complete woman. SH felt afraid and sad because, on the other hand, client "R" was still thinking about her husband and children.

Treatment

After the counselor knows the problems faced by the client, the counselor then carries out treatment and determines what techniques should be used to solve the client's issues. The techniques used are cognitive techniques.

This technique helps client "R" think about his thoughts more constructively. Client "R" is taught to examine the evidence that supports and opposes his irrational beliefs using three main criteria, namely logic, realism, and expediency. The cognitive technique on client "R" was carried out on January 28, 2024, at 10.00 WIB. The cognitive technique aimed to help client "R" think about his thoughts more constructively. The following is the interview process between the counselor and the client, which looks at logic, realism, and usefulness in the cognitive aspect.

"...Counselor: Just because ma'am chose to be a lesbian. Is that why mothers feel like they are no longer considered in the family? Client: no, but I feel that when my family finds out, my family will stay away from me..."

Counselor: "...Where is the evidence if you feel that it will not be considered if your family finds out about this? Client: It's not true, but that's what I've felt all this time..."

Counselor: "...Then do you think your friends here who do not have a deviant sexual orientation (lesbian) will still be considered by the family? Remember that my mother's friend is also involved in a legal case. Client: Yes, because their family knows about their problem here, but I made two mistakes here..."

Counselor: "...In your opinion, is it normal for women to experience deviant sexual orientation (lesbian)?" Don't you think that this violates our nature as women? Don't you think about your husband and children at home? Client: Indeed, my assumption has always been wrong..."

Counselor: "...If you think it's wrong, you must erase your beliefs. Because there is no benefit at all for the mother. Do you agree with what I said? Client: There is no benefit for me if I continue like this, it will make my life more difficult..."

As a result of the techniques used by the counselor, the client is unaware that thinking like this is of no benefit. Apart from the interviews above, the researcher also carried out other treatments in the form of religious practices in the form of religious lectures about deviant (lesbian) sexual orientation.

Next, the counselor advises the client to think. In this way, it is hoped that the client will be aware that everyone makes mistakes. However, we are obliged to continue living the past and let it pass, we must look to the future, then, on February 5, 2024, the counselor will meet again and ask the client to talk about the situation they experienced. current clients.

Behavioral techniques, these techniques are negotiated with the client on the basis of their challenging, but not overwhelming, tasks that are sufficiently stimulating to bring about therapeutic change. Behavioral techniques were carried out on client "R" on February 5, 2024. Behavioral techniques aim to form new behaviors in clients.

Counselor: "...Okay, Mrs. R, today we will try some behavioral techniques to help you face the challenges we are discussing. I want to give you an assignment that is challenging enough but doesn't overwhelm you. What do you think?"

Client R: "...What kind of task, ma'am? I'm afraid I can't do it..."

Counselor: "...This assignment will help you form new habits gradually. For example, starting today, you can change one negative thought pattern to a positive one every time you notice it. How about we start there?"

Client R: "...It seems quite challenging, but I want to try, ma'am..."

Counselor: "... Excellent! Remember, this is not about perfection but about progress. We will evaluate it together in the next session..."

Emotive Technique: this emotive technique fully involves the client "R"'s emotions as he passionately fights against his irrational beliefs. This technique is an exercise in attacking self-doubt where the client behaves " inappropriate " in the family environment.

The emotive technique was carried out on SH on February 8, 2024 at 10.00 WIB. The aim of this emotive technique is so that the client does not judge himself personally based on what client "R" has done and not on other people's reactions to client "R".

Counselor: "...Mrs. R, we will try emotive techniques today. The goal is to help you fight irrational beliefs that make you feel inferior. What do you feel when facing your family?"

Client R: "...I feel like they always judge me, ma'am. I'm afraid of doing something that they think is wrong..."

Counselor: "...What if we imagine a situation where you did something they thought was 'inappropriate,' but you remained calm and confident in yourself? What would you say to yourself?"

Client R: "...Perhaps... I could say that their opinion does not define who I am..."

Counselor: "...Exactly! Do this with passion. Tell yourself, 'I am valuable because of who I am, not what they think!' Let's try repeating that sentence together..."

Client R: (Loudly) "...I am valuable because of who I am, not what they think!"

The next stage is on February 20, 2024. After the counselor knows the changes within the client, the counselor ends the therapy and provides valuable suggestions and motivation for the client. According to client "R"'s confession, he will change because he knows that deviant sexual orientation is strongly opposed by religion, and client "R" also still really thinks about her husband and children. Client "R" fears that if this continues, his family will distance themselves from him. This research discusses the application of Rational Emotive Behavior Therapy in overcoming deviant sexual orientation (a case study of client "R," a resident of the Class II A Palembang Women's Prison). Researchers used data collection techniques through interviews, observation, and documentation to obtain data.

Discussion

Forms of Deviant Sexual Orientation (lesbian) of "R" clients in the Class II A Women's Prison in Palembang

Based on the research results, it can be concluded that deviant sexual orientation falls into the butchy category with the characteristics of being tomboyish, protective like a man, and sensitive to feelings. This is in line with Athena's opinion "In lesbian relationships, butchy adopts the same male role as in heterosexual relationships.

Factors causing deviant sexual orientation in "R" clients in the Class II A Palembang Women's Prison

Client "R"'s condition began when she entered a women's prison (prison) because she felt lonely and comfortable, wanting to protect her lesbian partner. Environmental factors also include the cause of being a lesbian. Client "R" still has a family and is still in a relationship with her husband, who has 7 children. Until now, her children and husband still often visit client "R" in prison. Client "R"'s family did not know that the client was in a same-sex (lesbian) relationship. The factor causing this lesbianism also occurs because, in Women's Prisons, there are no love rooms, so the inmates cannot channel their lust toward their halal partners, so the sexual needs of the inmates cannot be met. Client "R"'s lesbian partner herself was also married, but when she was pregnant, her husband abandoned her, causing Client "R"'s lesbian partner to experience trauma towards men and causing

Client "R"'s partner to seek comfort through same-sex (lesbian) relationships. This is in line with Poedjiati's opinion, which states that one of the factors causing deviant (lesbian) sexual orientation is environmental factors.

Application of REBT to overcome deviant sexual orientation in "R" clients in the Class II A Palembang Women's Prison

In dealing with deviant sexual orientation, the researcher applied REBT, where the researcher first carried out the A-B-C analysis as follows. A = Activating Experience/active experience or triggering event. The triggering event for client "R"'s condition began when she entered a women's prison (prison) because she felt lonely and comfortable, wanting to protect her lesbian partner. Environmental factors also include the cause of being a lesbian, client "R" still has a family and is still in a relationship with her husband, who has 7 children. Until now, her children and husband often visit client "R" in prison. Client "R"'s family did not know that the client was in a same-sex (lesbian) relationship. The factor causing this lesbianism also occurs because, in Women's Prisons, there are no love rooms, so the inmates cannot channel their lust towards their halal partners so that the sexual needs of the inmates cannot be fulfilled. Client "R"'s lesbian partner herself was also married, but when she was pregnant, her husband abandoned her, causing Client "R"'s lesbian partner to experience trauma towards men and causing Client "R"'s partner to seek comfort through same-sex (lesbian) relationships.

B = Irrational and rational beliefs, the view of client "R" when together with other inmates, client "R" creates a feeling of joy comfort, and wants to protect her lesbian partner. This makes client "R" think she is a woman taking on a man's role.

C = (Emotional Consequence/Emotional consequences), the consequences received if you continue to have a deviant sexual orientation (lesbian) are that divorce could occur considering that client "R" still has a husband, contracting HIV/AIDS, and violating nature because it is strictly prohibited by religion, see tabel 1.

After the analysis, the researcher proceeded with the counseling process, which included attending, assessment, and treatment. As a result of the counseling, client "R" experienced a significant shift in attitude, transitioning from a tomboyish behavior, characterized by acting and protecting like a man, to embracing a more feminine role with gentleness and sensitivity. Client "R" expressed a willingness to change, realizing that deviant sexual orientation contradicts her religious beliefs. Additionally, she was deeply concerned about her husband and children, fearing that if the situation persisted, her family might distance themselves from her. REBT aims to address and transform irrational and illogical behavior and thought patterns into rational and logical ones, ultimately enabling clients to grow and develop (Batubara et al., 2020).

Through the application of REBT, client "R" began to recognize the importance of altering her mindset in order to align with both her personal values and her faith. This shift was not immediate, but as the counseling sessions progressed, client "R" began to develop a clearer understanding of her actions and the consequences they could have on her relationships and overall well-being (Kushendar et al., 2023). The emotional burden of her deviant sexual orientation, including the potential alienation from her family, became a motivating factor for her commitment to change. In particular, the religious and familial considerations served as key sources of support in helping client "R" navigate through her inner conflict (Hapsyah et al., 2019).

Furthermore, the counseling sessions provided client "R" with tools to challenge her previous beliefs and to embrace healthier, more adaptive ways of thinking (Marianti et al., 2022). The process not only helped her reassess her identity and behavior but also encouraged her to take responsibility for her actions and their impact on others (Sartika et al., 2022). This experience highlights the effectiveness of REBT in facilitating meaningful personal growth and behavioral change, especially when guided by strong moral and relational frameworks (Mu'afa & Batubara, 2019). As a result, client

Table 1. Result REBT Counseling

Stage	Description	Outcome for Client "R"
Attending	Initiating the counseling session by creating a safe, comfortable, and trusting environment.	Client "R" felt accepted and began to open up about her experiences and issues.
Assessment	Conducting an A-B-C analysis to understand the trigger (A), beliefs (B), and emotional consequences (C).	- A: Prison environment, loneliness, and emotional needs. - B: Irrational belief that a same-sex relationship provides protection and comfort. - C: Emotional risks such as family conflict, loss of identity, and health issues (e.g., HIV/AIDS).
Disputing (D)	Identifying and challenging irrational beliefs by providing rational and logical arguments.	Client "R" began to realize that same-sex relationships contradict religious values and could harm her well-being.
Effective (E)	Helping the client replace irrational beliefs with healthier, rational beliefs aligned with her values.	Client "R" recognized the importance of returning to her role as a wife and mother in accordance with religious values.
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Effective (E)	Helping the client replace irrational beliefs with healthier, rational beliefs aligned with her values.	Client "R" recognized the importance of returning to her role as a wife and mother in accordance with religious values.

"R" gained a deeper sense of self-awareness and began to feel more empowered to make choices that aligned with her values and her vision for the future (Kara et al., 2023).

The implications of this research are significant in demonstrating how Rational Emotive Behavior Therapy (REBT) can be effectively applied to address deviant sexual orientation, particularly in a context where religious and social factors play a key role. By focusing on changing irrational beliefs and behaviors, REBT provides clients with the tools to reflect on their actions and make decisions that align with their personal values. This approach not only benefits the individual undergoing therapy but also contributes to the broader understanding of how psychological interventions can help individuals navigate complex identity issues while respecting their cultural and religious beliefs.

However, this research also has limitations. One limitation is the small sample size, as the study focuses on a single individual, which may not allow for generalization to a larger population. Additionally, the specific context of a women's prison may influence the findings, as the environment may have unique stressors that contribute to the development of deviant sexual orientation. The results may vary in different settings or for individuals with different backgrounds. Furthermore, the therapy's long-term effectiveness was not assessed, and further studies with longer follow-up periods could provide more comprehensive insights into the sustained impact of REBT in overcoming deviant sexual orientation.

CONCLUSION

Based on the research results, it can be concluded that deviant sexual orientation falls into the butchy category with the characteristics of being tomboyish, protective like a man, and sensitive to feelings. This is in line with Athena's opinion "In lesbian relationships, butchy adopts the same male role as in heterosexual relationships." The factor causing this lesbianism also occurs because, in Women's Prisons, there are no love rooms, so the inmates cannot channel their lust toward their halal partners so that the sexual needs of the inmates cannot be fulfilled. After this analysis, the researcher conducted counseling steps, which consisted of attending, assessment, and treatment. From the results of the counseling, there was a change from client "R" in terms of a shift in attitude from being a tomboy, behaving like a man, protecting like a man to becoming a woman who takes

roles like a woman, behaves gently, and is sensitive to feelings. According to client "R", he will change because he knows that deviant sexual orientation is vehemently opposed by religion, and client "R" also still really thinks about her husband and children. Client "R" fears that if this continues, his family will distance themselves from him.

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