

Islamic Counseling Guidance Mujadalah Technique for Child Victims of Psychological Violence

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ABSTRACT	
<p>ARTICLE INFO: Received August 06, 2023</p> <p>Revised March 24, 2024</p> <p>Accepted April 29, 2024</p> <p>KEYWORDS: Islamic Counseling Guidance, Mujadalah Technique, Psychic Violence</p>	<p>Violence is an act committed by someone or a number of people who are in a strong position (feel strong) to someone or some people who are in a weak position (seen as weak/weakened), both physically and non-physically. The purpose of the study is how the Islamic counseling guidance mujadalah technique is effective in increasing understanding and awareness of child victims of psychological violence. Research using qualitative with case study method. The subjects used in the study were client "X" and Social Workers at the East Lombok Children's Social Rehabilitation Center totaling 3 people. The research tools used are observation, interviews, and documentation. The results showed that Islamic counseling guidance with mujadalah techniques was effective in increasing resilience in children who were victims of psychological violence but needed to be further improved so that there were no mental and physical disturbances in facing challenges and obstacles in the future.</p>

INTRODUCTION

Children as a mandate as well as a gift from Allah swt. which should be taken care of properly, so children need to grow and develop optimally, both physically, mentally, and socially and have noble character, protection efforts need to be made, and to realize welfare by providing guarantees for the fulfillment of their rights (Djamil & Mnasir, 2013). Strengthened by Law No. 10 of 2012 Article 28 B paragraph. (2) "Every child has the right to survival, growth and development and to protection from violence and discrimination" (Komnasham, 2023).

The birth of children in the family does not always receive attention and protection, especially from parents. Forms of violence that occur include physical, psychological, and sexual violence. Most child abuse occurs in the household (Kemenpppa, 2022). Strengthened by data from the Social Service for the period January - August 2022 regarding the handling of cases of child victims of violence, there were 25 children, or 28.1% of children who were victims of violence in the community (Social Service, 2022).

Harassment or violence can be physical or non-physical in the form of verbal cues or through communication media (Karupiah et al., 2020). Physical harassment can include body grabbing (Choi et al., 2022), lustful staring (Ringrose & Regehr, 2023), and even rape (Le et al., 2016). Verbal harassment includes comments about one's body parts and teasing with sexualized comments (Mountjoy et al., 2016). It is a violation of decency that dehumanizes a person in terms of gender and can happen to anyone (Wijaya, Y. D., & Widiastuti, M., 2019). A child who experiences harassment will experience impacts such as feelings of humiliation from others (Lestari, 2023; Novrianza & Santoso, 2022).

Various types of violence are committed by parents against children, one of which is psychological violence. Psychological violence usually yells at children, speaking harshly, making fun of children in front of the class, mocking with physical deficiencies such as fat, short, black, curly, and so on, or even taunts related to parents' work (Madiah et al., 2021). Violence that occurs in children can result in psychological disorders.

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Traumatic impacts can also occur in victims of sexual violence (Fajri, 2017). Especially in children, acts of violence experienced by children have a long-term impact and it becomes a nightmare in the child's life experience that he will never forget (Nabillah, 2019). They feel weak and anxious in carrying out their daily activities. Victims feel that they cannot live their lives normally anymore or feel that they are in a downward spiral. Victims of sexual harassment tend to withdraw from friendships and social environments (Clasen et al., 2018). Seeing the conditions experienced, it is necessary to take immediate action to help victims of violence to bounce back from their slump and be able to survive in unpleasant situations (Ramaswamy & Seshadri, 2020).

The results of observations at the East Lombok Children's Social Rehabilitation Center found a victim of psychological violence with the initials "X". The client often cried and felt helpless about what happened to him, and felt depressed about his situation. He doubts his abilities and confidence. If this continues, it will have a long-term impact. Therefore, an effort is needed that can be made by counseling experts or referred to as counselors. One of the efforts made as a counselor is to provide an individual counseling process. Ilham & Noviyanti (2020) show that efforts can be made in restoring the mental health of child victims of violence by conducting individual guidance and counseling, family counseling guidance, and post-traumatic counseling guidance.

The individual counseling process uses Islamic Guidance and Counseling because Islamic Guidance and Counseling means showing, guiding, or leading others to the right path (Amir & Munir, 2013; Hernisawati et al., 2022). Hidayat (2017) added that the concept of Islamic Guidance is carried out based on Islamic principles, namely, Al-Qur'an and Hadith. Religious education is carried out carefully conceptualized and continuously to restore human identity in a direction that is following Islamic teachings. Sutoyo (2015) said that religious guidance and counseling is an effort to help individuals learn to develop or return to fitrah-Iman, by empowering fitrah-fitrah and implementing the demands of Allah and His Messenger, to obtain true happiness in this world and the hereafter. The application of Islamic counseling has proven effective in increasing spiritual motivation in victims of sexual violence (Amin et al., 2019). The practice of Islamic counseling in increasing spiritual motivation is related to the process of how a counselor provides recognition, understanding, and the ability to make decisions based on Islamic teachings (Nasution et al., 2021).

In practice, to obtain maximum results, the counselor will use techniques or approaches that can be applied in the counseling process using the mujadalah technique. In many ways, this mujadalah approach is very effectively used by someone, both as a da'i, educator, and even more so for an Islamic counselor or counseling teacher (Lubis, 2016). Saputri & Khairi (2020) said that Islamic guidance can be used to deal with the trauma of victims of domestic violence. Strengthened by Syamsidar & Walidah (2020) Islamic guidance and counseling are very necessary for child victims of violence because guidance and counseling are very instrumental in the process of restoring mental health.

Enforcement of children's rights as victims of violence is the spearhead of services that play an important role in handling victims of violence. Early help is a very strategic effort to prevent more serious mental health problems so that the recovery system is expected to meet the needs of physical, emotional, and security services so that victims are expected to return to their activities and develop like other children. Looking at the background, the rest of this research is expected to emphasize the impact and contribution of Islamic guidance and counseling mujadalah techniques on child victims of child psychological abuse.

Literature Review

Psychic Abuse

Violence is an act committed by a person or some people who are in a strong position (feel strong) to a person or some people who are in a weak position (considered weak / weakened), both physically and non-physically carried out intentionally to cause suffering (Mufidah, 2013).

Psychological violence such as the use of harsh words, humiliating others, and making threats with words. As a result of this behavior, victims will usually feel inferior, inferior, feel worthless, and weak in making decisions (Suyanto, 2010).

Islamic Guidance and Counseling

The process of helping clients is carried out in a directed and systematic manner so that clients can develop their potential or religious nature optimally by internalizing the values contained in the Qur'an and hadith so that they live according to guidance (Amin, 2010).

Islamic Counseling Guidance Approach

There are three types of Islamic counseling approaches, namely; Crisis Approach, Overcoming client problems with Islamic counseling guidance services. In practice, the counselor waits for the client to explain the problem and then the counselor assists following the problems felt by the client.

Remedial Approach, aiming to eliminate the problems experienced by individuals, individual behavior is influenced by the environmental atmosphere. How to change their behavior needs to communicate a lot with the surrounding environment, so that it can change the behavior of individuals who initially do not know how to deal with their problems after communicating or asking someone in the environment around the individual can handle their problems.

Preventive Approach, counseling is intended to overcome various problems and prevent them from happening to individuals, counselors provide knowledge, understanding of attitudes, and skills to avoid problems (Tohirin, 2015).

Mujadalah Technique

The theory used by counselors to help clients who are in indecision, indecision, or have difficulty making decisions to help indecisive clients can be done with mujadalah bil ahsan "namely providing guidance and using educational rebuttals and refutations. With religious imitation, the client is directed to find the source of religious life patterns in his personality, so that he truly realizes and believes that there are no problems that cannot be solved. So, guidance and counseling techniques are a way to help, a person or group of people to realize and develop their potential and be able to make a decision and determine their life goals by interacting or meeting face to face (Yusuf, 2009).

Rationale of Study

Psychological violence isn't that easy to recognize. The consequences perceived by the victim do not give visible marks to others. The impact of this kind of violence will affect the emotional and unsafe and comfortable situation, undermining the self-esteem and dignity of the victim (Rionika & Dermawan, 2019). Psychological violence can have a variety of negative effects on the victim, such as posttraumatic stress disorder (PTSD), depression, anxiety, decreased self-esteem, obsessive-compulsive symptoms, etc (Mason, 2013).

The victim of harassment suffered the trauma of the events he experienced (Reiter et al., 2007). Even this trauma can be felt in the long term or called post-traumatic stress (Angel et al., 2014); the victim will feel less and anxious as well as prone to anxiety (Dye, 2020). Despite the many negative impacts, not all women consistently view sexual violence as a negative experience. Some women can get through the crisis, even have a more positive life after it (Joseph & Linley, 2012). Reinforced (Hartley et al., 2016). The victim of harassment is quite adaptable and does not suffer trauma. It is also in line with the observations made on the client "X" that after a few months after the incident, he showed positive changes related to the abuse incident he experienced.

Research Objective

The purpose of this research is to find out how the image of the victim of psychological harassment is a client "X". Then find out what the application of Islamic counseling guidance techniques is in helping clients "X" improve self-resistance.

METHODS

Research Design

The research uses qualitative with a case study method. Qualitative research is an attempt to understand the phenomenon of what is experienced by the research subject, for example, behavior, perception, motivation, action, etc. while holistically and by way of description in the form of words and language, in a special natural context by utilizing various scientific methods. This research is descriptive to photograph certain individual, situation, or group phenomena that occur and produce data in the form of words, descriptions and not in the form of numbers (Moleong, 2017).

Participants

There are two sources of data in this study, namely primary and secondary. Primary sources are based on the results of the interview process with client "X" while secondary sources are data sources obtained from the Social Worker of client "X" at the East Lombok Children's Social Rehabilitation Center. The selection of subjects in the study used purposive sampling where sampling of data sources with certain considerations. This particular consideration is for example the person who is considered to know best about what we expect.

Instruments

Data collection using interviews & observations. The data analysis technique uses the Miles & Huberman model which refers to 3 stages, namely data reduction, data presentation, and conclusion drawing (Emzir, 2018).

Data Analysis

The data analysis in this study uses the Miles & Huberman model which refers to three stages of data reduction, data presentation and conclusion drawing (Emzir, 2018).

RESULT AND DISCUSSION

Results

The description of the observation results shows that Client "X" feels embarrassed and afraid of being known by people in his environment, children are often teased and bullied by their friends, children tend to like to be alone, children cannot find pleasure in themselves when they are at home, and children feel hopeless, still anxious and doubtful of their abilities, have difficulty controlling emotions, tend to be silent and confused when there is a problem, feel disappointed when others cannot understand, feel that no one can understand. Then based on the results of interviews with Client "X", and M. Taufik as the Social Worker of the Social Services and Rehabilitation Division, it was found that Client "X" during the incident, Client "X" experienced a little trauma staying silent even when spoken to, feeling afraid of new people and had isolated himself from social life.

However, a few months later, he tried to mingle with the people around him again. Harniati as the Social Worker of the Social Services and Rehabilitation Division added the impact experienced by client "X" is that the people around him stay away because of his unstable emotions, so it is feared that if his attitude continues like this, he will find it difficult to live social life in the future. Despite being a problem for the people around him. Harniati as the Social Worker of the Social Services and Rehabilitation Division added that there are 3 assistance provided in handling cases of violence

against children including providing legal assistance, providing assistance in the form of assistance, and providing counseling services.

Social Rehabilitation Process for Victims of Psychological Violence on Children in Social Rehabilitation Center

The results of interviews related to the social rehabilitation process on how the process of dealing with victims of psychological violence on children at the East Lombok Regency Social Service include. An overview of the client "X" was obtained through interviews and observations. Based on the observations, the client is still anxious, has difficulty controlling emotions, tends to be quiet and confused when problems arise, feels disappointed when others can't understand, feel unable to understand. Then based on the results of interviews with "S" Social Workers, it was found that her client "X" was a great teenager in recovering from the conditions and traumatic experiences she experienced.

After the incident, the client "X" has isolated himself from social life. However, a few months later, he tried again to interfere with the people around him. Client "X" also tries to be optimistic that he will success by going to school. However, the "X" client has a negative tendency, that is, he often thinks negative about his friends. The impact experienced by the "X" client was that the people around him didn't like him because of his unstable emotions, so he was afraid that if his attitude continued like this, it would be difficult for him to live a social life in the future. Here are the results of an interview with the "X" client on three aspects that are still not in good shape: emotional regulation and self-efficiency. Emotional regulation;

Client "X": "...Before the incident, I wasn't easily emotional. But after the event, I tend to be alone. For now, I'm easily angry with the people around me..."

Counsellor: "...At the beginning of the incident, he was a lonely kid and found it difficult to interfere with other friends. But after treatment, clien started trying to interfere with his surroundings but he often became emotional and tended to have problems with other friends. clien also easily offended by other people's words..."

Self-effectiveness;

Client "X": "...I'm not sure I can be as successful as anyone else because of my dark background. I'm ashamed of the story of my life. Although I've been trying to go to school I'm not sure, what's clear is that I just do it now..."

Counselor: "...He's still unsure about his future even though he's very good at trying to go to school so his future is guaranteed. He also easily wondered if he could go through his days regardless of history and current status..."

Providing Legal Assistance

The purpose of legal aid to child victims of sexual violence as expressed by M. Taufik as a Social Worker in the Social Services and Rehabilitation Division. The process carried out by us as a social rehabilitation service for victims of child abuse is that after the family or victim makes a complaint to the authorities / Police then we facilitate lawyers (lawyers) for victims, both in the legal process and outside the legal process, which aims to defend the interests of victims. Here's the result of an interview with the client "X" about legal assistance of the client "X":

Client "X": "...I find it difficult to manage myself, I feel helpless to fight the incidents that happen. I usually can only cry..."

Counselor: "...Yes, client still can't control himself, feels helpless to fight the events that happened to him. client usually can only cry. But after being given legal aid, the client "X" starts to feel safe, starts trying to interfere with the surrounding environment and start to manage his emotions..."

Providing Assistance in the Form of Mentoring

The purpose of this assistance is to strengthen the child's mentality to be able to undergo the psychological recovery process experienced by the victim. This is as stated by Harniati as the Social Worker of the Social Services and Rehabilitation Division. The social rehabilitation process carried out is a role that aims to facilitate efforts to achieve goals, by providing or providing the facilities needed by victims to overcome their problems. Providing emotional support needed by victims so that victims feel cared for and have their emotional needs met. Here are the results of an interview with the client "X" about the support of the client "X";

Client "X": "...I feel that in my own moment, my thoughts begin to come about the violent events that have struck me so that it creates feelings of anxiety, depression and self-reflection..."

Counselor: "...Yes, he still feels at my own time, begins to come my thoughts about the violent events that keep him so it causes feelings of anxiety, depression and self-reflection but after being accompanied by the counselor and directed, the client "X" starts to feel comfortable, his mind begins biased controlled slowly so that it allows for the occurrence of change..."

Application Counseling Services of Islamic with Mujadalah Technique

If you experience obstacles in the process of assisting child victims of sexual violence, a special approach and counseling is needed. This is as expressed by Baiq Lastri Zuhria Astuti as the counselor of the Social Services and Rehabilitation Division. The counseling used to deal with child victims of sexual violence in the Social Service is Islamic-based counseling with the aim that the victims who experience behavioral deviations from the violence committed recover as before. because because the closer a person is to religion the tendency of the problems experienced is anticipated more quickly. For psychological observation, we initially take an emotional approach to the victim and then we provide guidance, motivation, upbringing referrals, and many others. Counseling time used 30 minutes to 1 hour a week, it all depends on the psychological condition of the child victim of violence.

The counseling provided is a therapy that aims to restore the social functioning of children who need special protection. Physical Therapy, aims to optimize, maintain, and develop children's physical capacity and health in the form of activities such as gymnastics, futsal, badminton, and other physical activities.

Mental Spiritual Therapy, aims to build a good mental and spiritual life by using moral, spiritual, and religious values to harmonize the child's mind, body, and mental strength (Interview, 2022). Here's the result of an interview with a client "X" about counseling services;

Client "X": I feel that since the incident, when I watch TV or see violence around my home, it creates anxiety and fear that leads to depression.

Counselor: Yes, she still felt that when I watched TV or watched violence around the home environment, it caused anxiety and fear that caused depression, but after being given spiritual-based counselling services that

built a good mental and spiritual life to align the mind, body and mental of a strong child.

Implementation of counseling with Islamic guidance and counseling mujadalah techniques for client "X" at the East Lombok Children's Social Rehabilitation Center. In the first meeting, the counselor starts the counseling session by saying greetings, the counselor will first ask about the client's condition and condition. In this stage, the counselor tries to make the activities he has been through so that client "X" feels comfortable and open to the counselor. After client "X" feels comfortable, the counselor begins to identify problems related to the problem of client "X" who is a victim of psychological violence. Client "X" has not been able to control himself regarding the emotional aspects he has carried since the incident that happened to him. So that the condition of client "X" has not stabilized.

In the second meeting the counselor opens the counseling session by making the atmosphere warmer, the counselor will ask about the physical and psychological condition of client "X". After telling the problem at the previous meeting, the counselor will apply the Islamic counseling process with the mujadalah technique. At first, the counselor will ask the client to reveal the problems experienced. Client "X" revealed that currently he still does not believe and is sure to go through difficult times that may occur in the future, feelings of shame and fear of being known by people in his environment, children are often teased and bullied by their friends, children tend to like to be alone, children cannot find pleasure in themselves while at home, and children feel hopeless and he is also confused if a problem occurs whether he can find a solution. Then the counselor provides feedback to client "X" by incorporating religious elements including verses from the Qur'an and hadith as a basis for strengthening inner beliefs. Furthermore, the counselor will encourage clients to be able to take the goals they want to achieve besides the problems that occur, and Client "X" answers that his goal is to make his family proud and happy.

The third meeting returned to the counseling process of encouraging clients to reveal the problems they were experiencing. Not to forget the counselor will also ask about the changes experienced by client "X" and provide feedback. Then the counselor will reinforce so that client "X" believes that he can deal with his problems and provide suggestions on what to do by client "X" can do it. At the end of the counseling session, the client will conduct a question scale to client "X" regarding his feelings about the problem that occurred, which is used to measure the client's self-change during counseling.

Based on the process of the Islamic counseling mujadalah technique, it is known that client "X" has been able to clearly express what is the motivation and goals he wants to achieve. Then client "X" also gradually opened up and established a good relationship with fellow friends at the East Lombok Children's Social Rehabilitation Center reinforcing that client "X" could maintain the changes that had occurred and improve his condition.

Discussion

Yunus (2021) quoting Kathryn Geldard's statement explained that counseling is carried out with children involving a counselor where children can speak freely about the problems they face. Data from interviews with M. Taufik as a Social Worker in the Social Services and Rehabilitation Division said that counseling was carried out by counselors involving children to solve the problems experienced by children. So it can be concluded that child counseling is a meeting between the client and the counselor which aims to solve the problems faced.

The counseling process carried out by counselors at the social rehabilitation center based on interviews with Harniati as the Social Worker of the Social Services and Rehabilitation Division that process has three stages, the initial stage carried out including the opening stage, which is the stage where the counselor sees the situation and condition of the client in the second stage, namely the

intervention stage. In this second stage, information is provided about the problems experienced and how to prevent them. The third stage is the closing stage. In this closing stage, the counselor provides conclusions from the counseling conducted and provides an overview of the problems experienced.

This validates the theory presented by [Amalia & Pahrul \(2019\)](#). There are also three stages to the counseling procedure. In the first stage, namely building relationships in counseling involving clients, clarifying and defining a problem if the counseling relationship between the counselor and the client has been well established. In the second stage, it is explained that reviewing the problems that have been told by the client will help the client to gain new perspectives or new alternatives. In the last stage, it is characterized by a decrease in anxiety felt by the client, the decrease in anxiety felt by the client can be known after the counselor asks about the state of his anxiety, a change in the client's behavior towards a more positive, healthy, and dynamic direction, namely starting to be able to self-correct and eliminate attitudes that often blame the outside world, such as parents, teachers, friends, and in unfavorable circumstances, and future life plans with a clear program ([Kushendar et al., 2023](#); [Sugianto et al., 1970](#)).

The purpose of Islamic guidance and counseling is to guide a person in helping to overcome the problems of life faced and improve the quality of faith and piety by developing good situations and conditions so that it does not become a problem for himself and others ([Sodik, 2017](#)). Based on an interview with Baiq Lastri Zuhria Astuti as the Counselor of the Social Services and Rehabilitation Division, Islamic counseling is carried out to build a good mental and spiritual life by using religious values to harmonize thoughts and help clients who are in doubt, indecision, or difficulty making decisions ([Noviza et al., 2022](#)).

This is in line with what [Giyono \(2015\)](#) said, helping to solve problems that are being experienced by individuals. How to change his behavior needs to communicate a lot with the surrounding environment, so that it can change the behavior of individuals who initially do not know how to handle their problems after communicating or asking someone in the environment around the individual can handle their problems.

The results of the study found that children who were victims of psychological violence experienced a little trauma to the point of mental disturbances such as feelings of fear and shame known by people in their environment, children tend to like to be alone, feelings of lack of confidence in children, children cannot find pleasure in themselves while at home, and children feel hopeless. These results support research conducted by [Yanti & Agustina \(2022\)](#) on the Psychosocial Picture of Children Victims of Violence. The results of the study found that the psychosocial picture of children who are victims of domestic violence is a feeling of fear and sadness when they see their parents fighting, feelings of shame, and fear of being known by people in their environment, children tend to like to be alone, children cannot find pleasure in themselves while at home, and children feel hopeless. So counseling interventions are important to help clients deal with problems ([Marianti et al., 2022](#)).

The contribution of Islamic guidance and counseling mujadalah techniques to child victims of child psychological abuse is seen from the child, experiencing changes. Client "X" believes that he can face all situations and conditions that will occur in the future by trying his best at this time. Client "X" has also slowly eliminated his negative thoughts about his worries about the future related to his past journey. Then client "X" also began to behave better and was willing to accept and socialize with friends around him. The results that researchers get following research conducted by [Khoiroh \(2021\)](#). That the Islamic counseling approach can provide changes to the counselee, especially in terms of how the counselee can give meaning to changes by relying on his potential ([Desiningrum, 2023](#)).

CONCLUSION

The results showed that after the data were collected, processed, and analyzed who handled children who were victims of psychological violence at the Child Social Rehabilitation Center at the

East Lombok Regency Social Service regarding the implementation of Islamic counseling guidance on mujadalah techniques for children who were victims of psychological violence. The results showed that the implementation of Islamic counseling guidance for children who are victims of psychological violence has been carried out well. Such as the implementation of Islamic counseling guidance through three stages, namely first at the initial stage, the counselor approaches by adjusting the character of the child, building a good relationship, and exploring the child's skills. In the next stage of counseling, the counselor focuses on the child's problems and takes part in the child's recovery, instilling and modeling a good attitude in the child. Then in the final stage, the counselor takes action to make decisions with the directions given to the child and conducts an evaluation. These three components are the key to achieving good guidance activities, although there are some obstacles faced including; the counselor is not from an Islamic counseling guidance scholar, and the limitations of hours are too short so that the guidance is still not maximized.

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