




# Behaviouristic Counseling Techniques for Mitigating Sexual Addiction Among Michat Application Users


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ABSTRACT	
<p><b>ARTICLE INFO:</b> Received March 13, 2024</p> <p>Revised April 09, 2024</p> <p>Accepted April 15, 2024</p> <p><b>KEYWORDS:</b> Behavioristic Application, MiChat Application, Sexual Addiction Sufferers</p>	<p>This research is entitled The Application of Behaviorism in Reducing Sexual Addiction Among MiChat Application Users. The background of this study is based on the negative habit of an individual (client G) who frequently used the MiChat application to order sex workers in order to satisfy his sexual desires. The purpose of this research is to reduce client G's sexual addiction by applying behaviorist theory. The method used is a qualitative approach with data collected through observation, interviews, and documentation. The results showed that client G experienced significant behavioral changes in a positive direction. He was able to leave his negative habits through several behaviorist-based stages, including assessment, goal setting, motivation by companions, and implementation techniques such as delivering important advice, sincere repentance (<i>Taubat Nasuha</i>), deleting MiChat contacts, strengthening feelings of shame, and fostering positive thinking through self-suggestion. Evaluation was conducted regularly by the counselor by monitoring the client's openness and honesty during the counseling process. The study recommends that behaviorist approaches be applied consistently and combined with spiritual reinforcement to effectively address cases of sexual addiction.</p>

## INTRODUCTION

In the past, prostitutes or commercial sex workers worked offering themselves on the side of the road, or there were special places for prostitutes to provide services now there are still ways to offer services like that, but the marketing is much more advanced, namely online, not only food or objects, even services to satisfy your desires can also be ordered online. The prostitution business also follows the development of technological advances, namely online. PSK (*Pekerja Seks Komersial*), which works online, works in localized places or places that have been provided (Yuhermansyah & Zahara, 2018).

PSK, which works online, offers its services through applications (Saria, 2024). This application was not explicitly made for prostitution, but some people blame technological developments; apart from providing positive benefits, of course, they also offer negative sides; one of the misuses of technology is the online prostitution business (Majida, 2024). Commercial sex workers are one part of the world of prostitution, which includes gigolos, Waria, and Mammi. Indirectly, the existence of commercial sex workers has become a lifesaver for their family's economic life (Wulandari & Afifah Nur, 2023). Prostitution is problematic, from a religious and state perspective, prostitution is a wrong act.

However, on the other hand, prostitution is a reality that is difficult to eradicate due to various reasons behind it. Many concerns arise due to the existence of prostitutes because they not only create unrest in society but also become the cause of moral degradation (Saputro, 2022). The practice of online prostitution is being widely discussed among the public because online prostitution turns a person into an object that is bought and sold via electronic media (Novianti & Waliadin, 2023).

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Definition of prostitution: according to Iwan Bloc, Prostitution is a certain form of sexual relations outside of marriage with a certain pattern, namely with anyone openly and almost always with payment, either for sexual intercourse or other sexual activities that provide the satisfaction desired by the person concerned (Jamaludin et al., 2025). Online prostitution is a form of technological progress using the MiChat application as a medium. The MiChat application is a free instant messaging application that allows users to find new friends.

The way to add friends or how the MiChat application works is by using an ID, but usually, not everyone uses an ID (Islam et al., 2024). This MiChat application also automatically detects all our contact numbers who have used the MiChat application and automatically adds them to friendship contacts the next way to add friends is to use the nearby friend feature, this feature allows us to get to know unknown people or strangers at a distance of at least 100 meters or other ways to add friends such as games, namely via bottle messages. The MiChat application is equipped with personal chat features as well as group chat and photos, but there is no video call feature (Meiliana & Dony, 2022). Advances in information technology and technology definitely have both negative and positive impacts. The positive impact makes it easier to find information and communicate. However, the negative impact that is very worrying is the rise of pornography using various applications, one of which is the MiChat application or online prostitution transactions (Putranto, 2024).

One example, based on the author's observation of G, was that the client used his gadget to order prostitutes via the MiChat application, and this was only to satisfy his sexual desires. He does this continuously, which eventually results in addiction. This impacts the client's economy, such as always using his monthly salary. Then, when his salary has run out, he will sell his valuables just to order prostitute services on the MiChat application. The impact of sexual addiction on clients is associated with negative impacts such as depression, anxiety, disruption or difficulty in socializing, problems at work, loss of income, and risky sexual behavior such as HIV/AIDS (Safitri, 2024). According to Kartini Kartono, the danger that lurks if you frequently change sexual partners is an increased risk of contracting sexually transmitted diseases (Kartono, 2014). Such as HIV/AIDS and human papillomavirus (HPV) infection. This can then cause many health risks, including later in life (Sugiarto et al., 1970).

The behavioristic approach comes from two conceptual directions, namely Pavlovian and Skinnerian (Majdi, 2024). Initially, Wolpe developed this approach to cure (treat) nervous disorders. Neuroticism can be explained by studying maladaptive behavior through the learning process. In other words, deviant behavior originates from certain learning processes or outcomes. Behavior is considered as a response to external and internal stimuli or stimuli. Therefore, the approach aims to modify the S-R connections and methods as much as possible. The greatest contribution of behavioristic (behavioral) counseling is the introduction of scientific methods into the field of psych approach (Wioldy, 2024). In particular, how to modify behavior through environmental techniques so that behavior change learning occurs (Kushendar & Maba, 2022).

In this scientific work, the writer uses behavioristic theory, one of the approaches to educational psychology (Lestari et al., 2023). This approach believes that children can be shaped according to what the people who shape them, whether teachers or parents, want. In behaviorism theory, it is important to understand other people's views and feelings, therefore, behaviorists emphasize research on real human behavior and actual events (Staats & Eifert, 1990).

The author uses behavioristic theory to define sexual addiction as a syndrome characterized by spending a large amount of time in sexual behavior or being unable to control his sexual behavior (Safitri, 2024). This addictive behavior is characterized by a high sex drive accompanied by excessive obsession with sex (Crisna, 2024). The phenomenon of ordering the services of commercial sex workers by teenagers is very interesting to study in more depth because there are many people interested in it. With this, researchers are interested in exploring the use of MiChat social media among teenagers who need healing through behavioristic counseling. This is what makes the author

interested in adopting this title as scientific research entitled "Application of Behaviorism in Reducing Sexual Addiction Sufferers of MiChat Application Sufferers".

## **METHODS**

### **Research Design**

This study uses qualitative research with a study chase design. Qualitative research emphasizes descriptive data presented in sentences or stories derived from various data collection techniques (Creswell, 2014). This approach focuses on understanding processes and meanings rather than just outcomes (Moeleong, 2014). A theoretical foundation serves as a guide to ensure that the research remains aligned with real-world findings.

### **Participant and Procedure**

The main participant in this study is client G, a resident of Lorong Sentosa, Plaju, Palembang, South Sumatra. The data collection involved direct engagement with the client, particularly through interviews. The procedure included building rapport, asking open-ended questions, and encouraging reflection to gather in-depth responses related to the client's experience with sexual addiction and behavior change.

### **Research Instruments**

The primary instrument used in this study is a semi-structured interview guide. The questions were designed to explore the client's behavior patterns, emotional responses, motivations, and progress throughout the counseling process. Observation and documentation were also used as supporting instruments to enrich and validate the interview data.

### **Data Analysis**

Data were analyzed using descriptive qualitative analysis techniques (Sugiyono, 2015). The analysis involved organizing and interpreting the information obtained from interviews, observations, and documentation to identify patterns, themes, and changes in behavior. The focus was on understanding the client's transformation process and the influence of behaviorist interventions.

## **RESULT AND DISCUSSION**

### **Results**

#### ***Application of Behaviorism in Reducing Sexual Addiction Sufferers of MiChat Application Sufferers***

The mentoring service or application of behavioristic therapy provided by the counselor to client G, who is experiencing sexual addiction, is a general method. However, in implementation, many methods and techniques of assistance and implementation services change to a special method, namely a religious approach. The behaviorist application method is considered the most appropriate because most clients who experience sexual problems have a fairly minimal religious/belief background.

The behavioristic application service provided is more about a positive impression for clients, that being an active user of the MiChat application or suffering from it is not a disease but rather a habit that is a test of one's faith in one's desires that God has given one to pass through. In line with the vision and mission of the MiChat application, namely pleasant communication moments, some people will use the MiChat application incorrectly. It is hoped that counselors who experience the habit of becoming sufferers of the MiChat application will be able to be more directed and aimed at things that do not damage one's faith, devotion, and life to the point of adultery, which has bad consequences for one's health.

The mentoring method and services for implementing behavioristic therapy use several stages. Clients are asked to carry out therapy service tasks in stages, including:

## **Assessment**

"...At this stage, client G has not been given any assignments since the start of counseling, but I am still monitoring it in detail so that the counselor knows how to accompany client G so that it matches what the client expects in the future..."

Retrieving data from client G occurs at an undetermined time, whether fast or very long. The counselor also looks at each client's busy schedule and will receive counseling assistance depending on how the assistance will be provided at the start of the counseling.

## **Goal Setting, Implementation Technique, and Evaluation**

This stage is the stage where the counselor begins this implementation therapy service by giving certain tasks to the client. The most important task consists of dividing important points, namely:

Advice on the importance of implementing *nasuha* repentance

It is not only the starting point of the mentoring process but also a turning point in life's journey towards a new life. Therefore, to strengthen commitment, something must be made memorable and deep to leave an impression on the soul. Clients are given instructions about what *nasuha* repentance is and how to do it. Everything is done using methods and methods as well as the expertise of each companion, which is adjusted to the client's understanding. This stage must be carried out perfectly because it serves as a reference and determines whether the client can move on to a better stage.

The data obtained by researchers from clients is as follows: I was told to apologize to my father and mother, especially when mentoring. They were surprised why I was suddenly apologizing, I was also embarrassed, but what could I do, I was also committed to changing, to be better, and of course I wanted to get married too, so whether I wanted it or not, I had to do it. My first task was to carry out repentance prayers to increase my *dhikr*, almsgiving, and *iktikaf*, which was basically more about contemplating my fate. By praying for repentance and carrying out *nasuha* repentance, it is hoped that the client's condition will be much better and that he will realize his mistakes. If clients have done this before and become sufferers, they instill in themselves the desire to become much better human beings and prioritize their own health.

## **Delete Contacts and Content Related to the Michat Application**

This time, I had to have a commitment within myself, where I was directed to promise myself not to prioritize curiosity or fads that lead to intention and addiction. So, I was given instructions to delete all contacts that had sexual odors, and the MiChat application had to be completely removed from my contacts. Everything is done not only for now but for the future and in the future because it is all for my own good. I do this as a defense of my commitment to myself. In this stage, as assistance, clients must commit themselves to controlling their desires and think more positively for their good by eliminating traces of MiChat or dating friends.

## **Reinforce Shame in Yourself**

The shame referred to here is shame towards oneself, shame towards other people, and shame towards Allah SWT. Strengthening feelings of shame in oneself is done by instilling self-monitoring. Self-observation is carried out by looking at the targets of mentoring and behavioristic therapy that have been achieved or not, seeing the differences before and after participating in the mentoring and therapy process. If self-monitoring goes well, it will raise awareness in clients and encourage them to change and repent so that clients become more aware of the bad consequences that will

harm themselves, their families, and others. With this awareness, a client wants to stop bad habits from something that directs the client to actions that are more about marriage and relationships that are purer and approved by Allah SWT.

### ***Self-Suggest***

This process works on the principle of self-hypnosis. Practically speaking, this is saying sentences of affirmation or affirmation to yourself (self-talk) that are optimistic towards positive change. With this principle of self-hypnosis, it is hoped that the client will always be awake when he wants to do something, which leads to the habit of using the MiChat application.

### ***Feedback***

The results of the implementation that has been carried out provide conversational involvement between the client and the counselor, as expressed by Client G after feeling comfortable through behavioristic therapy. The results of client G's recognition after applying Behavioristics in reducing Sexual Addiction Sufferers of MiChat Application Sufferers. Counselor Client Interview Results.

Client G: Do you experience controlling sexual behavior? Yes, before the implementation of behavioral science, I really felt that lust and thoughts were controlled by increased sexual desire.

Counselor: How does it compare to now? Thank God I don't get excited anymore and try to make myself aware so that I don't depend on bad things like that anymore.

The researcher's analysis explains that based on the information obtained, client G, after applying behaviorism in reducing sexual addiction sufferers to sufferers of the MiChat application, is now experiencing many changes, one of which is that the client is no longer enthusiastic about relying on bad things related to commercial women's communication applications, Client G recognition results.

Counselor: Is it true that you experience feelings of pleasure or relief after engaging in sexual behavior?

Client G: Yes, that's right, surely you understand that you are both men.

Counselor: How do you feel now after applying behaviorism?

Client G: It's much better not having to be dependent on sex all the time.

The researcher's analysis explains the information obtained in the field that client G previously experienced dependence on using the MiChat application, and it could be said that the client experienced sexual addiction due to addiction to communicating with the opposite sex from the MiChat application, Client G recognition.

Counselor: Have you ever wanted to reduce, control, or stop sexual behavior?

Client G: Yes, I want to, that's why I am willing to be a counseling client this time.

The results of the interview confirm that at this time, client G is starting to realize that what he has done is a negative act and is very detrimental to himself and his health, so the client requires him to try to improve himself to be better by needing assistance from a counselor he trusts. Client G recognition results.

Counselor: How do you spend a lot of time engaging in sexual behavior?

Client G: By ordering a date through an application on the internet

Counselor: How do you feel now after realizing that what you did was a sin?

Client G: Trying to avoid, reduce, and choose to follow my parents' wishes to have a family or settle down so that I can no longer commit adultery.

The interview results confirmed that Client G had previously depended on the MiChat application. Now, the client is starting to realize and follow his parents' requests to start a family. This is much better and can provide more positive health in the client's life. The application of behavioristics can reduce the attitude of sexual addiction in client G, where the client begins to realize the dependence and bad habits he has been carrying out, if he doesn't stop now, the client's youth will feel increasingly uncertain and not only that, but his heart is also always restless and never calm while playing the application.

## Discussion

Mental health is a crucial thing to pay attention to; mental health problems can attack all levels of society and can cause many victims, individuals, families, and society (Gould, 2010). During the COVID-19 pandemic, many significant changes occurred in learning, especially at the tertiary level (Lee et al., 2021). The COVID-19 pandemic has raised concerns among students, who are also involved in thinking about the health problems of their families and their friends (Brown & Kafka, 2020).

Initial findings indicate that client G had not been given any assignments since the beginning of the counseling process. However, the counselor continued to monitor the situation in detail to understand how best to support the client according to their expectations. Data retrieval from client G occurred at flexible times depending on their availability, showing the importance of adjusting to each client's schedule and readiness. This finding highlights the necessity for counselors to adopt an individualized and non-intrusive approach in the early stages of therapy to foster trust and comfort.

During the goal-setting and intervention stage, the counselor introduced *nasuha* (sincere) repentance as a foundational step in Client G's transformation. Findings revealed that this was a symbolic act and a deep emotional and spiritual turning point for the client. Instructions were given on performing repentance through specific religious practices such as repentance prayers, *dhikr*, *almsgiving*, and *i'tikaf*. This phase showed that spiritual guidance could be a powerful therapeutic tool, helping clients internalize the desire to change and commit to personal growth (Sopah et al., 2023).

The next significant finding was the removal of all MiChat-related contacts and content from the client's phone. This act was part of the commitment process to cut ties with triggering sources of addiction. The client expressed that this step was a present-time action and a long-term defense strategy to protect themselves from relapse. This finding demonstrates how digital detoxification can serve as a tangible and empowering step in addiction recovery, reinforcing the client's sense of control and self-discipline (Ifdil et al., 2013).

Another finding revealed the effectiveness of reinforcing a sense of shame towards oneself, others, and ultimately towards God (Allah SWT) as a motivational force. Through self-monitoring, clients reflected on their progress before and after the counseling sessions. For client G, this process increased awareness of the negative consequences of their previous behavior, fostering a desire to change. The data suggests that emotional strategies like enhancing self-awareness and healthy shame can break cycles of harmful behavior and support moral and behavioral rehabilitation (Klassen et al., 2008).

Finally, using self-suggestion (self-talk or self-hypnosis) emerged as a beneficial technique for maintaining behavioral change. Client G practiced affirmations to stay alert and avoid returning to

previous risky habits (Marianti et al., 2022). This technique encouraged positive thinking and helped strengthen their commitment. Feedback from client G indicated increased comfort and success after engaging in behavioristic therapy. These findings suggest that combining spiritual, cognitive, and behavioral approaches can significantly enhance counseling outcomes, especially in cases involving technology-facilitated sexual addiction.

### Implication

The findings of this study imply that integrating spiritual-based interventions such as *nasuha* repentance, self-monitoring, and digital detoxification into counseling practices can be highly effective in addressing technology-related sexual addiction. These strategies support behavioral change and enhance clients' emotional and spiritual resilience, making them more committed to personal transformation. Counselors are encouraged to adopt a holistic approach that aligns with clients' values and religious beliefs to achieve deeper, long-term outcomes.

### Limitation

The findings of this study imply that integrating spiritual-based interventions such as *nasuha* repentance, self-monitoring, and digital detoxification into counseling practices can be highly effective in addressing technology-related sexual addiction. These strategies support behavioral change and enhance clients' emotional and spiritual resilience, making them more committed to personal transformation. Counselors are encouraged to adopt a holistic approach that aligns with clients' values and religious beliefs to achieve deeper, long-term outcomes.

### CONCLUSION

Based on the results of the search in the previous chapter helped the researcher to get the final results as a conclusion in this research regarding the application of Behaviorism in reducing Sexual Addiction Sufferers to MiChat Application Sufferers, namely client G, while using the MiChat application, experienced an addiction and had become a habit of ordering female friends online. data mining, companions provide motivation and targets that must be achieved. Setting, Implementation Teachique: conveying important advice through the stages of approaching Allah SWT with the intention of *nasuha* repentance, deleting MiChat contacts, strengthening feelings of shame towards oneself, and trying to generate positive thoughts within oneself by making suggestions. Evaluation: the counselor tries to carefully monitor client G to be open and honest with each other, whether they are still using the MiChat application or not, and if they can let go of the habit of MiChat, then the counselor helps client G to get to feedback: a special service stage that gives direction to client G to solidify their marriage and focus on their family. This is so that Client G can make much better changes and lead to positive things, and the client leaves behind his bad habits so far because of an approach based on various learning theories to change behavior.

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