

Research Articles

# **Religious Education Counseling in Religious Rehabilitation for Child Victims of Sexual Abuse( A Case Study at the Women's Empowerment, Child Protection, Population Control, and Family Planning Service of Sambas Regency)**

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**Abstract :** This research is motivated by the increasing number of cases of child sexual abuse that cause serious psychological impacts in the form of trauma and emotional development disorders. The purpose of this study is to describe and analyze the process of religious guidance through Islamic religious education counseling for child victims of sexual abuse, which includes four main aspects, namely: (1) planning religious guidance, (2) implementing religious guidance activities, (3) strengthening religious guidance, and (4) supervision in the guidance process. This study uses a qualitative method with data collection techniques through interviews, observations, and documentation. The validity of the data is tested using triangulation and member check techniques. The results of the study indicate that religious guidance planning is carried out by compiling programs, scheduling activities, and evaluating the results of guidance. The implementation of activities is carried out through religious counseling, psychological approaches, and integration of spiritual values to help children understand and internalize religious teachings independently. Strengthening guidance is carried out through spiritual counseling services, psychological assistance, and legal assistance for victims. Meanwhile, supervision of guidance is carried out through optimizing the role of the community in community-based child protection groups as an integrated system to create a safe and child-friendly environment.

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## **1. Introduction**

Islamic education places great importance on the balanced educational process and development of human resources. It also fosters character in children, leading to better development. Therefore, Islamic education is one way to foster better morals. However, some people still fail to utilize Islamic education as a protective measure, leading to behavioral inequalities such as child abuse and promiscuity.

Therefore, Islamic guidance and counseling cannot be separated from the Qur'an as a guide for Muslims which can be used as a source of law in implementing guidance services which can be carried out in a good way for humans, as one example, especially in the Qur'an, Surah Yunus, verse 57.

يَأَيُّهَا النَّاسُ قَدْ جَاءَكُم مَّوْعِظَةٌ مِّنْ رَّبِّكُمْ إِنَّمَا يُنَهَا عَنِ الْمُحَاجَةِ الْمُجْرِمُونَ

Translation: O people, verily a lesson has come to you from your Lord and a cure for the diseases (which are) in your breasts and guidance and mercy for those who believe." (Yunus: 57). (Indonesian Ministry of Religion, 2022).

The results of the Indonesian National Commission for Child Protection (KPAI, 2014) recorded that in 2014, out of 2,726 cases of violence against children, 56% were in the form of sexual harassment. In 2017, from January to July, there was a very sharp increase in complaints, there were 2,898 cases of which 59.30% were sexual violence and the rest were other types of violence (KPAI, 2017). The Head of the Women and Children Empowerment Division (PPA) stated that during 2016 there were 425 cases of sexual harassment against children (Yanhelmi, 2016). Sexual violence against children occurs because there are several influencing factors such as internal and external factors, where the internal factors are (1) biological factors in reality, human life has various kinds of needs that must be met, including the need for food, sexual needs, and the need for protection. (2) moral factors are important factors in determining the emergence of crime. Morals are often called filters against the emergence of deviant behavior. (3) motivational factors, human behavior is basically goal-oriented or motivated to achieve certain goals (Hersey & Blanchard, 2020).

External factors that cause sexual violence are (1) economic factors, difficult economic conditions cause someone to have low education and will then have an impact on whether or not the job they get is good, resulting in crime including rape cases. (2) social factors, according to Hurlock sexual behavior is greatly influenced by the social environment, especially during puberty where the influence of friends is greater than parents or other family members. (3) mass media factors. Mass media is a means of information in sexual life. News about rape crimes that are often reported openly and dramatized generally depicts the perpetrator's satisfaction.

Sexual issues are still considered taboo in society, and discussing them in front of children is often difficult, let alone teaching them about them. Many believe that sex education is inappropriate for young children. Yet, early sex education can have a significant impact on a child's life as they enter adolescence. Furthermore, children today are often critical, asking questions and acting out. This is due to their intense curiosity during this period (Andika, 2010).

Based on the context of the research, the researcher is interested in knowing and describing how Islamic religious education is provided to child victims of sexual abuse, how the process of guidance for children, especially the provision of Islamic religious education. Therefore, the author formulated this research with the title "Counseling Islamic Religious Education in Religious Rehabilitation for Child

Victims of Sexual Abuse (Case Study at the Women's Empowerment, Child Protection, Population Control and Family Planning Service of Sambas Regency) ".

## 2. Research methods

This research uses a qualitative approach. This research aims to find out more deeply about " Religious Guidance Through Islamic Religious Education Counseling for Child Victims of Sexual Abuse (Case Study at the Women's Empowerment, Child Protection, Population Control and Family Planning Service of Sambas Regency). This qualitative research can be explained as research conducted to understand a phenomenon experienced by the research subject through descriptions, both in the form of words and language to explain an event, with a specific context that is natural and by utilizing various scientific methods (Moleong, 2005) .

Researchers use a case study research type. More technically, borrowing from Louis Smith, Stake explains a case as a "*bounded system*," a system that does not stand alone. This is because it is difficult to understand a case without considering other cases. There are other parts that work together in an integrated and patterned way. Because a case does not stand alone, a case can only be understood when the researcher also understands other cases. If there are several cases in an institution or organization, case study researchers should choose only one selected case based on priority.

## 3. Results And Discussion

### **Religious Guidance Planning Through Islamic Religious Education Counseling for Child Victims of Sexual Harassment at the Women's Empowerment, Child Protection, Population Control and Family Planning Service of Sambas Regency**

Researchers examined the outcomes of providing religious guidance and counseling to child victims of sexual abuse in Sambas. Furthermore, parents' readiness to educate their children can impact their psychological well-being. Improper moral and mental development can lead to perpetrators' inability to control their desires or behavior, resulting in a decline in ethics related to moral principles.

Education is one factor that influences a person's perception. Higher education makes it easier for someone to accept or choose change for the better. Education can influence their thinking and response to the knowledge around them (Ayun & Hasyim 2018). Therefore, it is important for parents to provide education to their adolescent children. Education here extends beyond formal education to include religious education.

Parents must set a good example for their children by teaching them all religious commandments without exception. A person's level of knowledge and belief in religion is what gives rise to certain attitudes and behaviors, as well as the level and type of morals, including a person's morals (Tumanggor, 2014).

Religious Guidance Planning Through Islamic Religious Education Counseling for Child Victims of Sexual Abuse at the Women's Empowerment, Child Protection, Population Control and Family Planning Office of Sambas Regency is implemented by creating programs related to the guidance and counseling process, providing positive activities to child victims of sexual abuse by exploring children's potential such as training children's sewing skills, making cakes and food. Islamic Counseling Guidance is a guidance and counseling service based on Islamic values. This service aims to help elementary school-aged children achieve optimal development, both physically, mentally, socially, emotionally, and spiritually, in accordance with Islamic teachings. Islamic Counseling Guidance has a deep meaning (Yuliatun, 2013), namely:

1. Guiding children to know and understand Allah SWT.
2. Helping children to develop noble morals.
3. Preparing children to become the next generation of pious and righteous men.
4. Providing solutions to children's problems based on Islamic values.

In the modern era, many negative adolescent behaviors can negatively impact their personal and social development, as they explore who they are and how to interact with the world around them. Indonesian adolescents can be adversely affected by these destructive habits if parents and educators fail to pay close attention to them, especially while they are still developing and learning self-discipline.

A lack of guidance and knowledge about adolescent self-control can be dangerous. The increasingly deviant behavior and attitudes of young people in the modern era can indicate a lack of self-control. Many incidents involve young people whose attitudes and actions contradict established and disseminated norms, or young people whose lack of self-control manifests itself in negative ways, such as when students let their emotions get the better of them or when they choose the wrong friends. Therefore, Islamic Guidance and Counseling Week is becoming increasingly important (Afrizawati, 2024).

### **Religious Guidance Activities Through Islamic Religious Education Counseling for Child Victims of Sexual Harassment at the Women's Empowerment, Child Protection, Population Control and Family Planning Service of Sambas Regency**

As social beings, humans cannot be separated from their communities, and no one in this world can stand alone in fulfilling their needs without the help of others. Humans naturally interact with their environment, both with other humans

and with other living creatures. (Tafsir, 2001) . Therefore , humans are born according to their potential. This is in line with the world of education, such as that found in the Department of Women's Empowerment, Child Protection, Population Control, and Family Planning in Sambas Regency. Islamic guidance services are steps taken which must be implemented in Islamic guidance (Faqih, 2001) . Reassure individuals of the following:

1. The position of humans as creatures created by Allah SWT, and the existence of the sunnatullah which applies to all humans.
2. The status of humans as servants of Allah SWT, who must always submit and always submit and obey Him. To Him. There are commands and prohibitions of Allah SWT, which must be obeyed by all humans throughout their lives and at the time will be asked to account by Allah SWT, for what has been done during their lives in the world.
3. The purpose of Allah SWT in creating humans is so that humans carry out their mandate in their respective fields of expertise according to the provisions of Allah SWT, and at the same time worship Him.
4. There is a natural disposition that Allah SWT has bestowed upon humans, that humans are equipped with a natural disposition in the form of faith and obedience to Him from birth.
5. True faith is very important for the safety of one's life in this world and the hereafter. Man's duty is to maintain and nourish it by studying and obeying religious guidance.
6. Faith is not just a confession with the mouth, but confirming with the heart and realizing what one believes in in everyday life.
7. There is wisdom behind the calamities, worship, and sharia that Allah SWT has decreed for humanity. Humanity's obligation is to sincerely accept what Allah SWT has decreed for them and to implement His sharia.
8. There is a devil who always tries to lead humans astray from the path of Allah SWT. To save humans from Satan's seduction, Allah SWT has given humans the potential in the form of reason, feelings, and religious guidance.
9. There is a human right to strive or try as hard as possible, but it is necessary to remember that success still depends on the permission of Allah SWT.
10. The counselor's job is only to help, the individual himself must try as hard as possible with his ability to live according to the demands of religion, namely encouraging and helping individuals understand and practice religious teachings correctly and practice Faith, Islam and Ihsan (Azman, 2016) .

Religious guidance activities through Islamic religious education counseling for child victims of sexual harassment at the Women's Empowerment, Child Protection, Population Control and Family Planning Service of Sambas Regency are

carried out by getting used to good things so that victims will be aware of practicing good things in accordance with Islamic religious education.

Religious guidance activities to provide understanding of Islamic religious education to victims of sexual harassment theoretically and practically by the service are adjusted to the insight and abilities possessed so that they are able to understand and internalize Islamic religious education, the abilities referred to (Majid & Andayani, 2004) are:

1. Ability to provide counseling support to victims of sexual harassment.
2. Develop a guidance and counseling plan/program for children who are victims of sexual abuse.
3. Able to implement programs in accordance with planning.
4. Able to integrate approaches, methods and techniques in guiding.
5. Able to apply the principles of guidance and counseling.
6. Able to encourage child victims of sexual abuse to independently understand the guidance material provided .

Role modelling in education is an *influential method* that can be relied upon for its success in shaping the spiritual, moral, and social well-being of victims of sexual abuse. This is because education through good role models can influence their behavior, so that the image of education is subconsciously imprinted in the victim's psyche.

Islam uses this habit as a method of education, transforming all good qualities into habits, so that the soul can carry out these habits easily, without wasting much energy and without encountering many difficulties. Providing mutual advice to victims of sexual harassment; In the process of implementing education, this method is felt to be very supportive because it is very effective in conveying Islamic religious education and educational messages (Djohar, 2022) .

### **Implementation of Religious Guidance Through Islamic Religious Education Counseling for Child Victims of Sexual Harassment at the Women's Empowerment, Child Protection, Population Control and Family Planning Service of Sambas Regency**

Implementing religious guidance through Islamic religious education counseling for child victims of sexual abuse requires *a plan* for providing guidance. Implementing guidance without adequate preparation can be detrimental to the development of child victims of sexual abuse. To provide guidance, a tutor in the service must be skilled in managing the guidance material to be given to child victims of sexual abuse. This must be tailored to and understood to the characteristics of the child victims of sexual abuse. This aims to ensure that the guidance material provided will be implemented in the child's life.

Implementation of religious guidance through Islamic religious education counseling for children who are victims of sexual harassment. Strengthening carried out at the Women's Empowerment, Child Protection, Population Control and Family Planning Service of Sambas Regency by means of provide psychological support services; due to trauma, provide legal support services; to accompany victims in undergoing legal processes both at the investigation and prosecution levels and in court, provide strengthening services in the form of counseling and spiritual support including strengthening faith and piety in accordance with their religion and beliefs.

Guidance is provided in groups, group guidance is an effort to group child victims to get to know each other, greet each other so that the children are willing to open up about the problems they face, and obtain a group guidance process that is combined with Islamic guidance, namely religious studies at the victim's temporary rehabilitation center.

The study group in question is a study group held on Fridays which is led directly by a religious guide, where in this study group there are lectures, religious guidance so that children are able to understand religion, and reading the Koran which is delivered directly in front of the children who are beneficiaries or victims of sexual abuse trauma.

The recitation contains a lesson where the mentor gives a spiritual shower or lecture to the victim's children with the theme of good morals and behavior, the essence of the pillars of faith and Islam and their application, learning to protect themselves from those who are not their relatives, learning to care for personal hygiene, and always maintaining relationships between fellow human beings. Not to forget, in this recitation, children are given instructions on manners, how to get along well with parents, friends and strangers. In the book *Bidayatul Hidayah*, it explains the procedures for interacting with people you don't know, including being polite, being friendly and keeping your distance if the person is of the opposite sex (Al-Ghazali, 1418) . When this religious guidance is applied, children can gradually learn to practice it and can take advantage of several benefits through religious guidance.

### **Supervision in Religious Guidance Through Islamic Religious Education Counseling for Child Victims of Sexual Harassment at the Women's Empowerment, Child Protection, Population Control and Family Planning Service of Sambas Regency**

Supervision in Religious Guidance Through Islamic Religious Education Counseling for Child Victims of Sexual Abuse is carried out by optimizing the role of the community through community-based child protection groups. Community-based child protection groups are a collaborative system consisting of interconnected, integrated, and supportive community elements in an effort to create a safe society for children from all acts of violence. This can be done through an

institution formed by the community, based on community needs and in order to assist the village government in implementing child protection.

Based on the results of the researchers' analysis, they found that communication was a factor hindering the Islamic counseling process for child victims of sexual abuse. Communication is crucial in counseling because it involves direct interaction between the counselor and client. Communication is crucial because it contributes to a person's self-development in their interactions with others and helps create integrative and quality relationships.

Communication is a key component of a person's existence in society. In counseling practice, communication can be an alternative for clients to develop themselves for the better. Therefore, a counselor is required to create effective and lasting communication, as stated in the word of Allah in Surah An-Nisa', verse 63:

وَلِنَّكَ الَّذِينَ يَعْلَمُ اللَّهُ مَا فِي قُلُوبِهِمْ فَأَعْرِضْ عَنْهُمْ وَاعْظِمْهُمْ وَقُلْ لَهُمْ فِي أَنفُسِهِمْ قَوْلًا بِلِيغاً

Meaning: These are the people whom Allah knows what is in their hearts, so stay away from them and give them warning and say to them words that are far-reaching.

However, in Islamic counseling for child victims of sexual abuse, communication can actually be a hindering factor. This is due to the differences in language used by each child, influenced by their place of residence and social circle. This necessitates the use of translators to ensure effective and optimal counseling. A supporting factor in Islamic counseling for child victims of sexual abuse is the motivation provided by expert staff.

Providing this motivation is very beneficial because it is part of an effort that implies individual behavior to remain steadfast in living their lives. Providing this motivation is also part of practicing Allah SWT's command to help others in good deeds. Providing motivation or support for others is a form of safeguarding our adherence to Allah's commands. However, the inhibiting factor is communication. This is due to the children's diverse backgrounds and some children's limited command of Indonesian, requiring a translator to better understand what the counselor is saying.

M. Anwar Fuadi stated that the factors causing the occurrence of sexual violence experienced by the subject are: Parental negligence. Low morality and mentality of the perpetrator. Economic factors (Fuadi, 2011). The impact of violence experienced by women continuously will result in difficulty interacting with their social environment, as a result they will feel alienated from their surroundings, and a high level of suspicion of others, especially people they do not know. The emergence of psychological shocks or instability, both temporary and permanent, from the victim. To balance the condition of the victim, so that they can recover to their original state, recovery efforts must be taken, such as physical, medical, and psychological (mental) recovery of the victim.

Furthermore, it's also necessary to provide support by providing skills or empowerment. Empowerment efforts refer to social actions, including empowering female victims of sexual violence. These efforts include:

1. Providing additional skills as provisions in society.
2. Help develop existing skills and abilities, for example sewing and culinary arts.
3. Sharing the work (providing employment).
4. Providing religious guidance as attitude formation.

#### 4. CONCLUSION

Planning of religious guidance activities through Islamic religious education counseling for children who are victims of sexual harassment in the women's empowerment, child protection, population control and family planning office of Sambas Regency is to prepare guidance programs for counselees, provide schedules to counselees and conduct evaluations after the guidance and counseling process for children who are victims of sexual harassment. Religious guidance activities through Islamic religious education counseling for children who are victims of sexual harassment in the women's empowerment, child protection, population control and family planning office of Sambas Regency are carried out by; Providing counseling assistance to victims of sexual harassment, preparing counseling guidance plans/programs for children who are victims of sexual harassment, implementing programs that are in accordance with the planning, integrating approaches, methods and techniques in guiding, applying the principles of counseling guidance, encouraging children who are victims of sexual harassment to independently understand the guidance material provided . Strengthening religious guidance through Islamic religious education counseling for children who are victims of sexual harassment in the women's empowerment, child protection, population control and family planning office of Sambas Regency in the form of providing psychological assistance services; due to experiencing trauma, providing legal assistance services; to accompany victims in undergoing legal processes both at the investigation and prosecution levels and in court, providing strengthening services in the form of counseling and spirituality including strengthening faith and piety in accordance with the religion and beliefs they adhere to. Supervision of religious guidance through Islamic religious education counseling for children who are victims of sexual harassment in the women's empowerment, child protection, population control and family planning service of Sambas Regency is carried out by optimizing the role of the community through community-based child protection groups. Community-based child protection groups are a cooperative system consisting of interrelated, integrated and supportive community elements in an effort to create a safe society for children from all acts of violence. This can be done through an institution formed

by the community, based on community needs and in order to assist the village government in implementing child protection.

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