

The Counseling Activity of Girlhood for University Students of Universitas Singaperbangsa Karawang

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Abstract

The community service activity was motivated by the community service team's concern about the rampant promiscuity that is plaguing Indonesia's young generation today, primarily among university students. Therefore, lecturers need to provide religious-based moral guidance to students, particularly students of Universitas Singaperbangsa Karawang, based on the mandate given to lecturers to educate them while they are on campus. Based on this, the community service team carried out a girlhood community service activity for female students of the university, mainly Muslim female students. The activity was held offline on Monday, November 3, 2025. The method of implementation of the activity employed a counseling method. The community service activity provides significant benefits for female students, especially opening up their insights in preparing them to build their households in the future. This activity is expected to be carried out periodically by organizing larger events, reaching all female students at Universitas Singaperbangsa Karawang.

Keywords: moral coaching, personal boundary, noble character

INTRODUCTION

The recent rise in promiscuity among Indonesian youth (including university students) has become a concern for many. Promiscuity is a form of free association that involves deviant behavior or goes beyond established norms^{1,2}. It's no secret that promiscuity among university students is prevalent in various regions of Indonesia, particularly in large cities known as educational hubs^{3,4}.

Promiscuity typically begins with the consequence of a permissive mindset among adolescents toward personal relationships that violate norms, particularly religious and social norms in the country. Furthermore, exposure to social media, which presents, among other things, phenomena that normalize sexual behavior, contributes to this situation. The weak internalization of religious and cultural values is one factor contributing to Indonesian adolescents' vulnerability to promiscuity⁵.

This behavior can have negative impacts on adolescents, including psychological impacts such as guilt,

¹ SA Setyawan, MAM Gustaf, ED Pambudi, M Fatkhurrozi, S Anwar, "Pergaulan Bebas di Kalangan Mahasiswa dalam Tinjauan Kriminologi dan Hukum," *Law Research Review Quarterly* 5, no. 2 (2019): 135-158.

² AA Mudayanah, A Toharudin, CY Pertiwi, M Putri, R Zulbetti, "Penyuluhan Pergaulan Bebas bagi Remaja Desa Malakasari Baleendah Kabupaten Bandung," *Jurnal Adi Dharma (Jurnal Pengabdian kepada Masyarakat)* 2, no. 1 (2023): 83-88.

³ D Amanda, PG Siahaan, NR Purba, GV Sinaga, ESMBr Barus, ISUBr Purba, NAF Siallagan, "Analisis Pergaulan Bebas terhadap Performa Akademik Mahasiswa (Studi Kasus: Mahasiswa Pendidikan Biologi Kelas PSPB 23 A)," *Jurnal Review Pendidikan dan Pengajaran* 7, no. 4 (2024): 16272-16276.

⁴ L Andayani, AR Kadir, "Dampak Pergaulan Bebas terhadap Prestasi Akademik di Kalangan Mahasiswa Fessopol Universitas Sains Dan Teknologi Jayapura," *Jurnal Jendela* 10, no. 1 (2022): 1-7.

⁵ A Insani, R Jelita, S Sinaga, HL Siregar, "Pengaruh Sosial Media terhadap Maraknya Pergaulan Bebas di Kalangan Mahasiswa," *Jurnal Pendidikan Tambusai* 8, no. 3 (2024): 48505-48511.

depression, and low self-esteem. Furthermore, this behavior hurts health, particularly increasing the risk of contracting sexually transmitted infections (STIs), such as HIV/AIDS, gonorrhea, syphilis, and herpes⁶. These negative impacts can ultimately lead to a bleak future for some young people in Indonesia.

To curb the development of this behavior among students at Universitas Singaperbangsa Karawang, the community service team took the initiative to organize girlhood activities for Muslim students at the university. The activities generally involve learning about teenage girls and women's activities, developmental periods, and several important issues for adolescent girls and women. Girlhood activities aim to introduce women's status and rights according to Islam, women's morals and character, emancipation and equality, women's jurisprudence (fiqh), and other issues⁷.

Based on a literature review, there have been no reports of girlhood activities being implemented among university students in Karawang Regency. A similar activity in this region was conducted by the community service team from Universitas Singaperbangsa Karawang, targeting senior high school students in Banyusari Subdistrict⁸. Likewise, the community service teams from other universities implemented girlhood activities for senior high school students in Sukabumi Regency and Lumajang Regency, respectively^{9,10}.

METHOD

This community service activity employed a counseling method similar to that employed by several previous community service teams at Universitas Singaperbangsa Karawang^{11,12,13,14}. This counseling activity was designed for offline implementation, taking place in a classroom at the Faculty of Economics and Business, Universitas Singaperbangsa Karawang. The target participants were female university students from the Accounting and Management Department of the Faculty of Economics and Business. The main reason for choosing the student as a participant was that the community service team was particularly concerned about the behavior of their students, as all of them are educators based at the faculty.

The idea for this activity originated from Dr. Medi Nopiana's concern about the behavior of young people in Karawang Regency, specifically the dangers of promiscuity, which is increasingly prevalent among them, including students of Universitas Singaperbangsa Karawang. Dr. Medi Nopiana then discussed the issue with Dr. Rina Maria Hendriyani. The idea to hold the girlhood counseling was born, in line with Dr. Rina Maria Hendriyani's concern in providing religious education and life values that she wanted to instill in the students. Subsequently, Dr. Medi Nopiana and Dr. Rina Maria Hendriyani invited Novian Ekawaty, M.M., to join the service team in this activity. The purpose of recruiting additional members was to have additional staff to realize the implementation of this counseling activity. The service team then shared the tasks. Dr. Medi Nopiana, who acted as the chair of the service team, was tasked with coordinating this activity, including submitting a permit to hold the activity to the administration of the Faculty of Economics and Business Universitas Singaperbangsa Karawang, as well as coordinating the students who would participate in the activity. Meanwhile, Dr. Rina Maria Hendriyani served as a speaker for the counseling, as well as preparing the material presentation that would be disseminated. Novian Ekawaty, M.M., is acting as

⁶ MD Wowor, IY Rembet, "Dampak Sex Bebas pada Remaja," *Jurnal Pengabdian kepada Masyarakat Mapalus* 3, no. 1 (2024): 8-17.

⁷ S Kholifah, SA Nasution, H Bisri, "Pendidikan Keputrian dalam Pembentukan Kepribadian Muslimah Yang Terampil," *Ta'dibi: Jurnal Manajemen Pendidikan Islam* 5, no. 1 (2016): 34-43.

⁸ N Ulviyah, DN Fauziah, N Ulya, "Implementasi Program Keputrian dalam Meningkatkan Perilaku Positif Siswi di SMAN 1 Banyusari Karawang," *Risalah, Jurnal Pendidikan dan Studi Islam* 11, no. 4 (2025): 1756-1773.

⁹ RS Fajar, Y Ruswandi, Hoerudin, "Peningkatan Akhlakul Karimah melalui Program Keputrian," *Ta'dib: Jurnal Pendidikan Agama Islam* 3, no. 1 (2025): 114-130.

¹⁰ A Khoiroh, W Aisyah, "Bimbingan Konseling Islam melalui Program Keputrian dalam Meningkatkan Religiusitas Siswi," *Nusantara: Indonesian Journal of Islamic Studies* 4, no. 2 (2024): 163-182.

¹¹ WF Anita, RF Muhammad, RS Wardhani, "Penyuluhan kepada Masyarakat Pelosok Kabupaten Karawang tentang Pentingnya Membayar Pajak Kendaraan Bermotor," *ETAM: Jurnal Pengabdian kepada Masyarakat* 4, no. 3 (2024): 63-70.

¹² HMZ Hakim, M Nopiana, H Latuconsina, "Pembinaan di Bidang Pemasaran dan Permodalan kepada Industri Pengolahan Kulit Ikan di Kabupaten Karawang," *ETAM: Jurnal Pengabdian kepada Masyarakat* 4, no. 3 (2024): 55-62.

¹³ M Nopiana, GS Manda, R Ariyani, A Anggraini, A Rahma, "Penyuluhan terkait Bimbingan Karir bagi Mahasiswa Universitas Singaperbangsa Karawang guna Meningkatkan Kesiapan Memasuki Dunia Kerja," *Jurnal Abdimas Perbanas* 6, no. 2 (2025): 91-97.

¹⁴ M Nopiana, SS Utami, MN Harahap, "The Career Guidance Activities for Students of State Vocational High School 1 Pebayuran Bekasi Regency," *Jurnal Panjar: Pengabdian Bidang Pembelajaran* 5, no. 2 (2025): 67-73.

a minute-taker and collector of documentation of this activity to compile a publication paper for the community service journal.

RESULTS AND DISCUSSION

This community service activity was held on Monday, November 3, 2025, and was attended by 31 female students from the Faculty of Economics and Business, Universitas Singaperbangsa Karawang. These female students comprised 27 students from the Accounting Department and 4 students from the Management Department. The participants attended the activity amidst their busy class schedule. The community service team had prepared well for the event.

The activity began with remarks from Dr. Medi Nopiana, the team leader, who opened the counseling activity. In his remarks, Dr. Medi Nopiana explained the background behind the idea for this counseling activity (Figure 1). Students were expected to listen attentively to the speakers' presentations so that they could benefit as much as possible from this activity. Dr. Medi Nopiana advised the students not to hesitate to ask questions or raise any issues they faced regarding the issue of promiscuity among the younger generation. This activity is expected to provide reminders and advice from educators, as parents on the campus, to students so that they avoid promiscuous behavior and increase their obedience to religious teachings, particularly regarding etiquette in relationships with the opposite sex.



Figure 1. Dr. Medi Nopiana as the chair of the community service team opened the counseling activity

The agenda then proceeded to the main event, a presentation by the speaker on the girlhood counseling activity, delivered by Dr. Rina Maria Hendriyani (Figure 2). Dr. Medi Nopiana moderated the event. Initially, Dr. Rina Maria Hendriyani outlined the essence of the girlhood counseling activity. It is essentially valuable education and character development specifically for women, enabling them to understand their identity, maintain their dignity, and display behavior consistent with moral, social, and religious norms.



Figure 2. Dr. Medi Nopiana guided this counseling activity, while Dr. Rina Maria Hendriyani served as the speaker

During the event, Dr. Rina Maria Hendriyani focused primarily on providing valuable advice to the students. She emphasized that women are the pillars of civilization. When a woman exhibits acceptable behavior, the future generation she raises will also be good. Conversely, if a woman loses her moral compass and values, the foundation of her social life collapses. Therefore, the girlhood counseling activity is a crucial pillar in shaping the character, ethics, and dignity of female students of Universitas Singaperbangsa Karawang. This refers to Sahih Muslim, which states that women are the adornment of the world, and the best adornment of the world is a woman with noble morals.

To make this counseling activity more active, Dr. Medi Nopiana, as the moderator, allowed the students to engage in discussions with the speakers. Several question-and-answer sessions were opened, with seven questions submitted (Figure 3). It demonstrated the high level of enthusiasm shown by the students in participating in this activity.



Figure 3. Dr. Rina Maria Hendriyani interacts with the university students while proposing the presentation materials

The first question was posed by a student named Berliana Putri Dinata. She requested advice and guidance from the resource person regarding how to consistently abstain from dating. She follows Islamic

teachings, which state that dating is haram. The reason is that dating can lead someone closer to committing adultery, which is strictly prohibited in Islam¹⁵. Dr. Rina Maria Hendriyani directed her to avoid anything or actions that could trigger dating, such as sharing personal problems with someone of the opposite sex alone in an isolated room, going somewhere alone with someone of the opposite sex, and so on. To avoid these things, Dr. Rina Maria Hendriyani advised her to build a healthy life, including by focusing attentions on her family, friends, or communities she trusts. In addition, she must have supports from her family, friends, and mentors so that she can consistently refrain from dating. Fill her free time with positive activities, such as pursuing a particular sport or exercising regularly, increasing her study habits, especially outside of class, and increasing the intensity of her religious devotions. The most important thing for her is to maintain her heart and consistently uphold her principle of not wanting to date.

The next question was posed by Anggun Reghina Putri, who asked about how to determine if she is ready to be married. Dr. Rina Maria Hendriyani offered advice on several things she needs to prepare. First, are her life goals aligned with those of her prospective partner? Second, is her decision to marry her prospective partner a decision they can both be held accountable for? These two points are crucial in deciding to marry. Third, she must be financially prepared to help cover household expenses. Although the husband is responsible for earning a living, in practice, the husband's financial income is sometimes insufficient to cover household expenses. Fourth, is she able to communicate well with her prospective partner, especially in resolving any conflicts that arise with her prospective partner? Communication plays an essential role in navigating long-term married life. Furthermore, are she and her prospective partner able to compromise on household decisions by setting aside or lowering their egos? Can she also manage her emotions so that they don't control her? Managing emotions is key to avoiding marital conflict.

There were five other equally engaging questions. Dr. Rina Maria Hendriyani answered them straightforwardly, drawing on her experiences in her married life. Finally, the community service activity came to a close. Before the event concluded, the participants and the community service team took a picture together for documentation and prayed for continued safety and blessings in life.

CONCLUSION

This community service activity proceeded smoothly and provided significant benefits for the female students of Universitas Singaperbangsa Karawang, particularly in broadening their horizons to prepare them for building their future families. Their enthusiasm for participating in this activity was demonstrated by the large number of questions they raised. This activity should actually be carried out periodically by organizing a larger event that reaches all of Universitas Singaperbangsa Karawang female students. However, due to the limited resources of the community service team (especially time and energy), the community service team had only reached out to implement this activity within the Faculty of Economics and Business, and a very limited scope of students.

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DECLARATION OF CONFLICTING INTERESTS

The authors states that there is no conflict of interest in the publication of this article.

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