

Islamic based Rational Emotive Behavior Therapy Approach Group Counseling to Reduce Delinquent Behaviors

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Abstract

This study was conducted at Public Islamic High School 2 Semarang (MAN 2 Ito) to examine the effectiveness of Islamic-based REBT approach group counseling to reduce students' delinquent behaviors. For more, the study belonged to experimental study with the design of pre-test – post-test control group, and involved fourteen eleventh grade students. Their data were collected through the adapted instrument of activities delinquent scale resulted from Paired sample t-test. Based on the results of paired sample t-test, it was known that the Islamic-based REBT approach group counseling was effective to reduce students' delinquent behaviors ($t_{(6)} = 7.36, p < 0.01$). This finding confirms that the Islamic-based REBT approach group counseling implemented through akhlak (good character), sholat (Islamic worship), fasting, dhikr, and prayer is effective to reduce students' delinquent behaviors.

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INTRODUCTION

Unpleasant phenomena have currently shaken education world. Many of them happen and contribute to students' deviant behaviors such as smoking, truancy, theft, bullying, lying and others. These behaviors are some of the manifestation of irrationality, weakness of oneself, and other parties in destructive ways of depression.

The above statement is supported by Musfiroh (2008) who presents the deviant behaviors on television shows with the topic of students' immoral behaviors, such as violence by students, rape by and against students, theft and motorcycle gangs which ended up with a fight with sharp weapons. Not to mention, porn video cases which involved 90% portion of students as suspects as well as makers. These facts have been stated by Mutia in Media Indonesia (2008) that recently there are more than 500 kinds of porn videos scattered around which involved 90% Indonesia students as the makers and suspects.

The above behaviors can be categorized as delinquent behaviors. It is said so because the above phenomena were the realization of deviation which appears to be out of the religious norm, legal norm, and social norm as stated by Willis (2014), that juvenile delinquency is an act by teenagers which is against laws, religions, and social norms that further can harm others, disrupt public tranquility, as well as harm those who do it.

Another idea was proposed by Setiawan (2015) that delinquent behavior is deviant behavior and against laws. Meanwhile, obstacles faced in development are, namely teenagers deviations which are against the legal norm or familiarly called as juvenile delinquency. Juvenile delinquencies have adverse impacts and big dangers to the agents and can harm the agents or teenagers themselves. When this problem is not immediately handled, the teenagers who became the agents of juvenile delinquencies can grow up as people who have a bad personality and further can get ignored by society for their behaviors.

The phenomena above surely had factors contributing to juvenile delinquencies, like the proverb, there is no smoke without fire. The same as juvenile delinquencies, this phenomena certainly have underlying factors which cause the growth and development of naughty teenagers.

According to Amin (2010), juvenile delinquency factors are caused by wrong patterns of parenting and broken home family which then have impacts on the lack of love from parents that potentially result in the emergence of irrational beliefs. Those are the beliefs where a teenager feels he must do something to satisfy himself even in a destructive way.

These factors emerged the researchers to choose Islamic-based rational emotive behavior approach because this approach focuses on beliefs by internalizing Islamic values though *akhlak*, Islamic worship, fasting, dhikr, and prayers. Therefore, it was found appropriate to change delinquent behaviors through the logical thinking of those Islamic values.

This study was focused on the examination of the effectiveness of Islamic-based rational emotive behavior therapy group counseling to reduce students' delinquent behaviors. It was expected that this study could be a reference to the use of the internalization of Islamic values as interventions to reduce delinquent behaviors through beliefs change.

METHODS

The subject of this study were 14 eleventh grade students chosen based on the high level of delinquent behavior. Meanwhile, the data were collected using an adapted instrument from delinquent activities scale.

Furthermore, the experimental and the control groups were given a pre-test, followed by the implementation of the treatment in the form of Islamic-based rational emotive behavior group counseling in the experimental group. The treatment was conducted for six meetings with the time allotment of 60-90 minutes per session. After giving treatment to the experimental group, a post-test was given to the experimental and control groups with the same instrument.

The experimental design used in this study was a post-test control group design. Moreover, data analysis was done by comparing the results of the experimental group and the control group by having paired sample t-test and independent t-test.

RESULTS AND DISCUSSION

The results of the analysis showed that the pre-test in the experimental group obtained ($M = 138.14$, $SD = 14.916$), while the post-test showed a reduction, namely ($M = 129.29$, $SD = 15.903$). Meanwhile, the pre-test in the control group resulted ($M = 122.29$, $SD = 6.824$) then post-test gained ($M = 121.00$, $SD = 7.188$). Additionally, the following Table 1 shows that

there were differences in the mean values of the experimental and control groups which indicated changes in the delinquency behaviors after receiving Islamic-based REBT approach group counseling.

The independent sample t-test indicated that the experimental group had a lower level of delinquency than the control group ($t_{(6)} = 2.97$, $p < 0.05$). Whereas, the results of the paired sample t-test showed that the subjects from the experimental group had a lower level of delinquency in the post-test than the pre-test ($t_{(6)} = 7.36$, $p < 0.01$). However, the subjects from the control group did not have a different level of delinquency when the pre-test and post-test were compared ($t_{(6)} = 0.508$, $p > 0.05$).

Table 1. The Mean and SD of Delinquent

Interventions	Pre-test		Post-test		t_1	t_2
	M	SD	M	SD		
Islamic-based REBT	138.14	14.916	129.29	15.903	7.36*	2.97**
Control	122.29	6.824	121.00	7.188	.508	

Information:

$t_1 = 7.36$, $t_2 = 2.97$. $p = <0.01^{**}$

Based on the independent t-test and paired sample t-test, it was known that Islamic-based rational emotive behavior therapy approach group counseling could reduce students' delinquent behaviors. Students' delinquent behaviors needed to be taken into account seriously by counselors at school because if students had a high level of delinquent behaviors, the atmosphere of learning could be not conducive and disorderly.

Group counseling had a very important role in reducing students' delinquent behaviors. Especially through Islamic-based rational emotive behavior therapy approach group counseling by emphasizing on beliefs through the internalization of Islamic values.

Findings of this study are supported by Bachtiar, and Sugiyo study (2016) that rational emotive behavior therapy approach counseling service with time projection technique is proved effective to reduce the intensity of smoking behaviors of students in class IXC of Public Junior High School 2 Jaken.

Another study comes from Emmanuel, and Funmilola (2015) which reveals that cognitive behaviors and rational behavior therapy are effective to influence the behaviors to change of students with the challenge of drugs abuse.

Similarly, Handayani study findings (2018) show that rational emotive behavior therapy is effective to reduce the cigarette consumption by male teenagers. This therapy can be an application program for school health unit and community health center in order to reduce teenagers smoking behaviors.

The findings of this study are also In line with Putri, Keliat, and Nasution study (2012) that rational emotive behavior therapy influences clients' ability to control their behaviors through the responses of cognition, emotion, and behaviors. Again, Purwaningrum, and Pamungkas study (2018) explains that rational emotive therapy group counseling can reduce bullying phenomenon on special needs children at inclusive schools.

Surtiyoni, and Rachman study (2016) also supports the findings of this study that Islamic

values-based group counseling service model is effective to improve responsibility characters of students in all indicators, covering social responsibility, and moral responsibility. Also, Tyas study (2015) states that according to Wilcoxon statistical test, rational emotive behavior therapy (REBT) with the narrative approach is effective to improve students' emotional intelligence in the aspects of self-awareness, self-management, and self-motivation.

Another study which is in harmony with this study was done by Kumar (2009) with the topic of rational emotive behavior therapy on adolescent students with effective behavior disorders. The results showed that rational emotive behavior therapy (REBT) contribute to positive impacts on the behavior and emotion disorders as well as other behaviors experienced by adolescents.

Therefore, based on the findings of this study supported by the results of previous studies proved that the Islamic values contained in Islamic-based REBT, covering *akhlak*, Islamic worship, fasting, dhikr, and prayers were able to foster a more rational belief based on the meanings raised through Islamic values which then resulted in the reduction on the delinquent behavior of students at school.

CONCLUSION

This study concludes that the Islamic-based rational emotive behavior therapy group counseling is proved effective to reduce the delinquent behaviors of the eleventh-grade students of MAN 2 Semarang.

Counselors are suggested to internalize Islamic values to foster rational beliefs against students' delinquent behaviors in order to create conducive and discipline learning atmosphere. For more, future researchers are expected to develop this study and conduct studies about the use of Islamic values to reduce delinquent behaviors.

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