

THE APPLICATION OF INDIVIDUAL COUNSELING WITH RATIONAL EMOTIVE BEHAVIOR THERAPY (REBT) TECHNIQUES TO OVERCOME TRANSGENDER BEHAVIOR IN ADOLESCENTS IN THE SIRING AGUNG VILLAGE OF PALEMBANG CITY

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Abstract

This research aims to first find out the description of Transgender behavior in teenage clients "Y" before being given individual counseling using the Rational Emotive Behavior Therapy (REBT) technique. Second, the application of individual counseling using the Rational Emotive Behavior Therapy (REBT) technique to overcome transgender behavior in teenage clients "Y" after being given the Rational Emotive Behavior Therapy (REBT) technique. This research method uses a descriptive qualitative approach, and data collection techniques using observation, interviews, and documentation methods. The research subjects included 1 person, namely teenage client "Y". The results of the research show that the application of individual counseling using the Rational Emotive Behavior Therapy (REBT) technique ultimately resulted in client "Y" starting to experience changes, namely being able to think rationally, no longer looking like a woman who likes to dress up and wear women's clothes, has changed himself according to the nature that has been established. Received from birth.

Keywords: Individual Counseling, Rational Emotive Behavior Therapy Techniques, Transgender Behavior

Abstrak

Tujuan dari penelitian ini untuk mengetahui, pertama gambaran perilaku Transgender pada remaja klien "Y" sebelum diberikan konseling individu dengan Teknik Rasional Emotive Behavior Therapy (REBT). Kedua, penerapan konseling individu dengan Teknik Rasional Emotive Behavior Therapy (REBT) untuk mengatasi perilaku Transgender pada remaja klien "Y" sesudah diberikan Teknik Rasional Emotive Behavior Therapy (REBT). Metode penelitian ini menggunakan pendekatan kualitatif deskriptif, Teknik pengumpulan data dengan menggunakan metode observasi, wawancara, dan dokumentasi. Subjek penelitian meliputi 1 orang yaitu remaja klien "Y". Hasil penelitian menunjukkan bahwa penerapan konseling individu dengan teknik Rasional Emotive Behavior Therapy (REBT) pada akhirnya klien "Y" mulai ada perubahan yaitu mampu berpikir rasional, tidak lagi berpenampilan seperti wanita yang suka berdandan dan memakai pakaian wanita, sudah merubah dirinya sesuai kodrat yang telah diterima sejak lahir.

Kata Kunci: Konseling Individu, Teknik Rational Emotive Behavior Therapy, Perilaku Transgender

INTRODUCTION

Humans are essentially social creatures who need other humans. In this day and age, technology is advancing and developing which results in many negative things in social life, one of the social problems in society such as deviation in Transgender (waria). Transgender is included in the LGBT group, namely Lesbian, Gay, Bisexual, and Transgender. According to Warren dkk., (2020) Transgender is a person who does not look the same as the gender role that has been accepted since birth. Meanwhile, according to Garland Transgender simply refers to individuals who experience gender dysphoria or are trapped in the wrong body. This is what society considers deviant behavior which has now become a trend among teenagers. According to Armstrong, (2021), although various sexual behaviors and gender identities have been known in the archipelago in the past, Homosexual identity only emerged in big cities in the early 20th century. In the 1960s, the LGBT movement began to develop through the organizing activities of Transgender women or waria groups. Transgender or Transsexual people consider themselves to be the opposite sex (often from an early age) and may feel so dissatisfied with their appearance that they undergo hormone treatments and surgery to change their genitals and genitalia. (Lo dkk., 2022; Terjesen & Del Vecchio, 2023). Surgery to change their genitals and secondary sex characteristics. Thousands of gender reassignment surgeries have been performed in the United States on men, Hormone therapy can enlarge breasts, reduce beard growth, and make the body fuller just like in women.

Transgender people face many conflicts that arise to cause tendencies in the Transgender people themselves because Transgender or transgender people are still ostracized and viewed negatively by the surrounding community (Suhartoni dkk., 2024; Thaheransyah dkk., 2022). They have difficulty finding work so they look like women, that way they explore female beauty so they can open businesses such as beauty salons to survive with the results of their work. In Indonesia, the majority embrace Islam, while in Islam it is very clear that Transgender is forbidden. Because religion is an important part of regulating life including addressing all kinds of behavior, of course, people who carry out behaviors that are contrary to religion in Indonesia will get social sanctions. The social sanctions in question are in the form of exclusion, discrimination/rejection. (Studer & Oberman, 2020).

According to Turban dkk., (2020) it will have an impact: 1) Social Impact, If left unchecked, it will have a bad impact on the long-term life of Transgender itself in the social environment, therefore it is necessary to realize that Transgender must be able to adjust the situation in the environment itself. If the social does not accept then we must look at the social conditions, because we cannot change the social environment so we must follow the rules in the social environment. 2) Health impacts, namely, infectious diseases such as oral cancer and HIV / AIDS. Because most transvestites will like each other of the same sex, if they have free sex, it will result in diseases that are contagious and self-defeating. 3) Educational Impact, namely, Transgender people will feel uncomfortable at school because they are often ostracized which can cause them to drop

out of school just because of the problems they experience. 4) Security Impact, namely, there will be sexual harassment of children such as sodomy.

According to Stietz, (2024), individual counseling is a process of interpersonal relationships where people face problems and ask for help to solve problems, while according to Silveri dkk., (2021), individual counseling is all forms of relationships between two people where a person, namely the client, is helped to be more able to adjust effectively to himself to the fullest. Relationships in the counseling process occur in a professional atmosphere by providing conditions conducive to change and client self-development. Rational Emotive Behavior Therapy (REBT) developed by Alber Ellis was born out of Ellis' dissatisfaction with traditional counseling practices that were considered less efficient, this approach is a form of active-directive counseling that resembles the process of education, and teaching by maintaining the dimension of thoughts rather than feelings. Developments and modifications always occur, Ellis first emphasized cognitive-rational insurance. (Vernon & Schimmel, 2024).

Ellis first emphasized cognitive-rational insurance and then extended them to behavioral elements. The general purpose of Rational Emotive Behavior Therapy (REBT) according to Mohammad Surya is to help improve and change behavior, and irrational thinking patterns to become rational and more logical so that clients can develop themselves. The title of this research is considered very important to overcome so as not to damage the rules that exist in religion and the community environment. In the teachings of Islam, it is not allowed to change the nature that Allah has set since we were born.

METHOD

In this study, researchers used qualitative research methods. Which is where this method is used to discuss and understand events that exist in the surrounding environment to reveal the formulation of problems and questions. As Small said qualitative research methods are methods that discuss events in field studies and are limited by unique and unique research (Budianto, 2024).

RESULTS AND DISCUSSION

Based on observations and interviews that researchers have conducted with informants, researchers get the results of observations and interviews regarding transgender behavior in client “Y”.

Table. Observation Results

| No | Aspects Observed | Yes | No |
|----|---|-----|----|
| 1. | Prefer to wear clothes of the opposite sex. | ✓ | |
| 2. | Desire to be a woman | ✓ | |

| | | |
|----|----------------------------------|---|
| 3. | Acting as a woman | ✓ |
| 4. | Want to be treated like a woman? | ✓ |
| 5. | Speaking assertively | ✓ |
| 6. | Has a feminine nature | ✓ |

Table. Gender Identity Interview

INTERVIEW RESULTS

| NO. | QUESTION | INTERVIEW RESULTS |
|-----|---|---|
| 1. | Do you have a desire to become a woman? | OF COURSE, I WANT TO BE A WOMAN, BECAUSE I HAVE HAD A FEMININE NATURE LIKE A WOMAN FROM A YOUNG AGE AND LIKE WOMEN'S FASHION. |
| 2. | What kind of woman do you want to be? | LIKE A REAL WOMAN IN THE WAY SHE DRESSES AND BEHAVES OR THE WORK THAT WOMEN DO, BUT IN TERMS OF BODY APPEARANCE SUCH AS CHANGING GENDER, I DON'T WANT TO DO IT. |
| 3. | Have you started acting like a woman since you were little? | SINCE ELEMENTARY SCHOOL, I HAVE FELT THE BEHAVIOR OF A WOMAN, BUT I HAVEN'T SHOWN A WOMANLY AURA. |
| 4. | What made you want to be a woman? | I SEE THAT BEING A BEAUTIFUL WOMAN WILL DEFINITELY BE APPRECIATED BY PEOPLE, ESPECIALLY MEN, AND BEING A WOMAN IS VERY EASY IN DOING ANYTHING SUCH AS FINDING A JOB. |
| 5. | Are all your playmates mostly girls? | YES, MOST OF MY FRIENDS ARE ALL WOMEN, BECAUSE I AM |

| | | |
|------------|--|---|
| | | MORE COMFORTABLE PLAYING WITH WOMEN. |
| 6. | Do you feel uncomfortable when playing with male friends? | NO, BECAUSE I DON'T FEEL THAT I FIT IN WITH MALE FRIENDS. THE WAY MEN PLAY IS ROUGH, LIKE TO WANDER, LIKE TO PLAY DIRTY LIKE PLAYING SOCCER IN THE FIELD. WHEREAS IF YOU PLAY WITH WOMEN, YOU GET A LOT OF RESULTS, LIKE LEARNING HOW TO MAKE UP AND COOK. |
| 7. | Have you always wanted to be treated like a woman? | YES, BECAUSE I ALREADY CONSIDER MYSELF A WOMAN SO I WANT TO BE TREATED LIKE ONE. |
| 8. | What is the reason you want to be treated like a woman? | BECAUSE BEING TREATED LIKE A WOMAN IS NICE, IT'S MORE NOTICED, AND APPRECIATED, NOT TO MENTION BEING A BEAUTIFUL WOMAN. |
| 9. | Do you feel emotional like a woman e.g. sensitive, tearful, moved, and offended? | YES, MY FEELINGS ARE GENTLE LIKE WOMEN IN GENERAL WHO CRY EASILY AND ARE MOVED. BUT IF I FEEL OFFENDED, I DON'T RESPOND TO IT CASUALLY. |
| 10. | EASY TO CRY, MOVED IN WHAT KIND OF CONDITION ARE YOU REFERRING TO? | FOR EXAMPLE, I LIKE TO WATCH SOAP OPERA MOVIES THAT TOUCH MY HEART ABOUT PARENTS, I WILL IMMEDIATELY THINK OF MY PARENTS WHAT IF THEY WERE IN A SITUATION LIKE THAT, IF THE MATTER OF MY PARENTS IS VERY WEAK. |

Based on the results of interviews from gender identity, it is known that client “Y” has a desire to become a woman in terms of clothing, since elementary school client “Y” has felt his behavior like a woman even though he has not shown it, the thing that encourages client “Y” to become a woman is that he feels that if he becomes a beautiful woman he will be more appreciated and cared for, Client “Y” feels more comfortable when playing with women. Emotionally, client “Y” cries easily, and is moved when in situations about parents.

Table. Gender Discrepancy Interview

Interview Result

| NO. | Question | Interview Result |
|-----|---|--|
| 1. | Do you dislike games that men usually play like soccer? | I DON'T LIKE IT, BECAUSE FROM A YOUNG AGE I WAS NOT INTERESTED IN MEN'S GAMES LIKE SOCCER, I PREFER TO PLAY WITH WOMEN LIKE DRESSING UP. |
| 2. | What do you like about women's games? | WHAT I LIKE ABOUT THE WOMEN'S GAME IS LEARNING TO MAKE-UP, COOKING THAT DOES THINGS THAT ARE NOT HEAVY, AND LEARNING TO MAKE-UP WILL BE MORE USEFUL TO BECOME A JOB. |
| 3. | Do you have a desire to de-sex yourself because you think you were born with the wrong gender, such as wanting hormone therapy and genital surgery? | NOTHING, BECAUSE I ACCEPTED MY GENDER FROM BIRTH. I JUST HAVE A FEMALE-LIKE BEHAVIOR BUT I DON'T DARE TO CHANGE MYSELF TO THE POINT OF GOING UNDER THE KNIFE. |
| 4. | What made you not want genital surgery and hormone therapy? | BECAUSE I STILL REALIZE THAT IT IS WRONG AND I AM AFRAID OF THE SINS THAT I WILL COMMIT LATER, SEX SURGERY AND HORMONES ME VERY FAR TO CHANGE MY BODY THAT HAS BEEN CREATED BY GOD. |

| | | |
|----|---|--|
| 5. | HAVE YOU EVER THOUGHT ABOUT CHANGING BACK TO THE GENDER GOD ASSIGNED YOU AT BIRTH? | THERE HAD TO BE BECAUSE I KNEW THAT I WOULDN'T BE ABLE TO GIVE BIRTH AND OVER TIME I WOULD REALIZE WHAT I HAD DONE. |
|----|---|--|

Based on the interview results of the gender mismatch, it is concluded that client “Y” from childhood did not really like games that are usually played by men such as soccer, he prefers games that are often played by women such as makeup, client “Y” has no desire to change himself such as surgery, because he was afraid that something like that would have a big risk and be prone to disease if not treated properly and client “Y” never thought about changing himself back according to the sex he had from birth, because he knew that his desire to become a complete woman could not be like giving birth to a child, it could only be done by women who had become his nature.

Table. Interviews Experiencing Distress

Interview Result

| NO. | QUESTION | INTERVIEW RESULT |
|-----|---|---|
| 1. | Do you have disorders like anxiety and depression? | YES, I HAVE FELT ANXIETY AND DEPRESSION. |
| 2. | What makes you anxious and depressed? | WHEN MY FATHER LATER SAW ME LOOKING LIKE A WOMAN, ALTHOUGH HE ACCEPTED IT, HE DIDN'T FULLY ACCEPT IT. I FEEL DEPRESSED BECAUSE THERE ARE STILL PEOPLE WHO LOOK AT ME LIGHTLY OR UNDERESTIMATE THE APPEARANCE THAT I USE, AND ALSO IF THERE ARE PEOPLE WHO BULLY ME, IT'S NOT NORMAL ANYMORE. |
| 3. | WHAT KIND OF BULLYING DID YOU EXPERIENCE THAT MADE YOU FEEL DEPRESSED? | YES, IT'S LIKE BEING TOLD THAT I WILL SELL MYSELF, WHICH IS USUALLY DONE BY WARIA-WARIA WHO OFTEN |

HANG OUT. BUT WHAT THEY SAY IS NOT TRUE.

Based on the results of the interview from the distress disorder, it can be concluded that client “Y” is easily anxious and depressed if his father finds out that he looks like a woman and gets unfavorable treatment from the surrounding environment. Transgender behavior has 3 characteristics, namely, gender identity, gender non-conformity, and experiencing distress disorders. Based on the results of research on these 3 characteristics, it is known that client “Y” still has irrational thoughts because he cannot control himself from the influence of his environment. After the implementation of Individual Counseling with *Rational Emotive Behavior Therapy* (REBT) Techniques there are some significant changes to client “Y” in these 3 characteristics.

The result of the Application of Individual Counseling with *Rational Emotive Behavior Therapy* (REBT) Techniques on client “Y” is that the client can change his irrational thoughts into rational thoughts that think with common sense so that the behavior he usually does is like a woman and his desire to be a woman, now client “Y” has been able to accept the nature that God has given and the client has been able to change clothes, behavior according to the gender that has been determined since birth.

CONCLUSION

Based on the results of the research conducted by the researcher above, it can be concluded that the researcher carried out individual counseling with the Rational Emotive Behavior Therapy (REBT) technique which was carried out with 4 meetings through 3 stages, namely the initial stage, the core stage and the final stage. From some of the 3 characteristics of the above indicators by the results of the interview, it can be concluded that the behavior of client “Y” who has a great desire to change his life to become a woman until the way of walking, clothing and other habits are imitated by client “Y” but after client “Y” conducts an individual counseling process using the Rational Emotive Behavior Therapy (REBT) Technique, then client “Y” begins to accept his condition and no longer performs habits such as women. Klian “Y” was able to change his irrational thoughts to be rational with common sense, so that client “Y” has been able to familiarize himself with acting as a man according to the nature that God has given since birth, for example, not men wearing women's clothes, dressing up and being able to choose a healthy environment to be able to bring him towards a better direction.

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