

Rational Emotive Behavior Therapy and Islamic Counseling: An Experimental Study to Reduce Students' Pornographic Behavior

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Abstract: *This study aims to examine the difference in effectiveness between the three treatment groups to reduce pornographic behavior for students of SMA Negeri 3 Sumenep. This study is a quantitative research with a Quasi-Experimental design, there is a control group and an experimental group. The sample uses purposive sampling, namely students who have a relatively high pornography score on the pornography scale of 22 students were divided into 3 treatment groups. The research instrument is a questionnaire that has been validated, supported by data sources, namely interviews, observations, and documentation. Data analysis used a single-path Anova, a normality test method using Shapiro-Wilk, and a homogeneity test using the Test of Homogeneity of Variances. The results of the normality test were normally distributed, which was classified as parametric, the results of the homogeneity test for all groups were homogeneous, while the results of the Anova test showed a difference in the decrease in pornographic behavior after receiving treatment compared to before treatment, the REBT group counseling treatment combined with Islamic counseling was more effective than the other two treatments. Then pornographic behavior or deviant or immoral behavior should be reduced by using effective counseling methods and techniques to solve students' problems*

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Introduction

Pornography that spreads both online and offline has become a serious social problem that contributes to maladaptive behavior among adolescents. Exposure to pornographic content can lead to various negative consequences such as promiscuity, sexual deviance, homosexuality, lesbian behavior, sexually transmitted diseases, and unintended pregnancies. Experts state that adolescents tend to imitate behaviors they observe, including sexual activities influenced by pornographic exposure. Initially, exposure to pornography may cause discomfort or disgust; however, the brain's limbic system responds by releasing dopamine, which produces feelings of pleasure and calmness. This process weakens the function of the prefrontal cortex (PFC), reducing self-control and increasing curiosity, which may eventually lead to addiction to pornographic content (Syaputra, 2020; Saputra & Movitaria, 2022). Pornographic behavior among adolescents is not limited to viewing explicit content but also includes reading, listening, speaking, and thinking about pornographic material (Hidayatullah & Alfadla, 2025).

Adolescents' ability to filter information is still relatively low, making them more vulnerable to negative influences from pornography (Haidar & Apsari, 2020). Exposure to pornographic media, both online and offline, can trigger sexual arousal and lead to behaviors such as masturbation and active sexual activities (Maisya & Masitoh, 2020). Therefore, pornographic behavior can be defined as actions involving reading, viewing, accessing, listening, speaking, or thinking about pornographic content that stimulates sexual desire. Since pornography contributes to various maladaptive behaviors, efforts are needed to reduce its impact. One counseling approach that can be used is Rational Emotive Behavior Therapy (REBT), which emphasizes the interaction between thoughts, emotions, and behaviors. REBT focuses on changing irrational beliefs into rational ones through the ABC framework, helping individuals modify dysfunctional thinking patterns and behaviors (Corey, 2013).

REBT was chosen because it has appropriate techniques to reduce maladaptive behavior among adolescents. Previous studies have shown that integrative counseling using REBT, transactional analysis, and reality therapy can improve student adjustment and reduce maladaptive behavior (Gita & Nanda, 2025). Other research also indicates that REBT is effective in reducing pornography-viewing habits among students by guiding them to identify irrational beliefs, challenge them, and replace them with rational thoughts through the ABCDE stages. This process improves self-control and reduces the frequency of pornographic behavior, supporting Albert Ellis's theory that cognitive change influences emotional and behavioral change (Noventy, 2022). However, maladaptive behavior in general includes broader juvenile delinquency, while this study focuses specifically on pornographic behavior.

In addition to REBT, Islamic counseling is considered relevant in addressing pornographic behavior because religion functions as a moral controller. Pornographic behavior is categorized as immoral behavior, and Islamic counseling emphasizes spiritual



awareness and religious practice to promote behavioral change. Islamic counseling is rooted in Qur'anic teachings that prohibit approaching adultery, which is closely related to pornographic behavior. Islamic counseling, known as al-irsyad or al-istisyarah, provides guidance by strengthening spiritual awareness and moral values (Azka, 2020). Furthermore, studies show that Islamic counseling based on cognitive approaches can reinforce positive values such as patience, gratitude, and trust in God, leading to improvements in thoughts, emotions, and behaviors (Nora & Darimis, 2025). Therefore, this study aims to determine the effectiveness of three counseling models—conventional group counseling, REBT group counseling, and REBT group counseling combined with Islamic counseling—in reducing pornographic behavior among students.

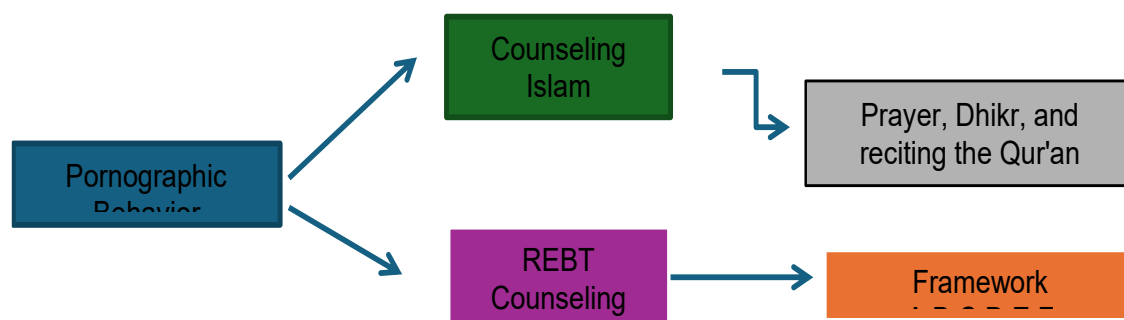


Figure 1. Mind Mapping Theory

The hypothesis of this research can be formulated as follows; The application of Rational Emotive Behavior Therapy (REBT) Group Counseling combined with Islamic counseling can reduce students' pornographic behavior

Research Methods

This study applies quantitative research with the type of experimental research using a Quasi experimental design. to facilitate difficulties due to the dysfunction of the control group in controlling, whether there are external variables that can affect the study (Rukminingsih et al., 2020). The research design was carried out with three treatments, the first treatment was given to the control group with conventional techniques. Meanwhile, the experimental group is the REBT approach group counseling and the REB approach combined with Spiritual counseling. This study chose a pretest and posttest design with a control group without random assignment (Nonequivalent Control Group Design).

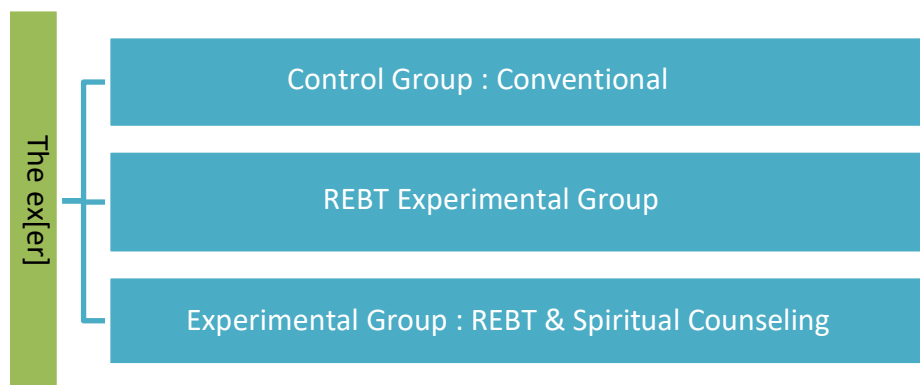


Figure 2. Treatment Scheme

This study chose a pretest and posttest design with a control group without random assignment (Nonequivalent Control Group Design). This design was applied to the experimental group and the control group was compared and the samples were taken non-randomly. The two groups were given a pre-test then given treatment and then given a post test. Pretest and Posttest design uses a nonequivalent control group design as follows Table 1.

Table 1. Pretest and Posttest design uses a nonequivalent control group

No.	Subject	Category	Code	Class	Group
1.	Subject 1	KK REBT	01	XI-1	O2
2.	Subject 2	KK REBT + Spiritual	03	XI-2	O4
3.	Subject 3	Conventional KK	05	XI-3	O6

The experimental research procedure with the following steps is to formulate the problem, determine the research sample, determine the experimental research, compile the measurement instrument, conduct the research syntax and collect data, analyze the data, and formulate conclusions. pendekatan Cognitive Behavioral Therapy (CBT) effective to help reduce the anxiety felt by students or students when facing exams by changing negative mindsets to be more positive and adaptive so that anxiety is reduced and exam readiness increases; for example, a 2025 literature study found that CBT helps identify and replace dysfunctional assumptions with more rational minds so that students can better manage academic anxiety (Oktaviawati & Sa'adah, 2024).

The population of this study is 66 students in grades XI-1, XI-2, and XI-3 at SMA Negeri 3 Sumenep which was conducted from January to March 2026, each class totaled 36 students. This study did not reach all members of the population but to the sample (representative of the population). The research subjects were selected by purposive sampling, namely students who had a relatively high pornography score on the pornography scale.

The research data, namely pornographic behavior, was collected with several combinatorial data collection techniques, namely: likert scale questionnaires, interviews,



and Post Test of the Counseling group REBT showed a Sig value of 0.787 greater than 0.05, which means that the Pre Test and Post Test data of the REBT Counseling group had the same or homogeneous variants. The results of the Homogeneity Test test in the Pre Test and Post Test of the REBT Counseling and Islamic Counseling groups showed a Sig value of 0.364 greater than 0.05 which means that the Pre Test and Post Test data of the REBT Counseling and Islamic Counseling groups had the same or homogeneous variants. To find out the difference in the three subject scores, the Barlet Test is used as follows:

Table 2. Barlet Test Results

Levene Statistic	df1	df2	Sig.
1.224	2	22	.313

Based on the test results in table 1, it can be known that the homogeneity between Conventional Counseling, REBT, REBT and Islamic. This is shown by the acquisition of a Sig Levene value of 0.313 > 0.05, which shows homogeneous results.

Hypothesis test 1 of the problems in the application of REBT group counseling uses the following paired sample t-test, a significant value of $0.025 < 0.05$ can be concluded that there is a significant difference between the pre-test of REBT counseling and the post test of REBT counseling.

Hypothesis test 2 of the problem in the application of REBT group counseling combined with Islamic group counseling, then using a paired sample t-test, namely a significant value of $0.006 < 0.05$, it can be concluded that there is a significant difference between the pre-test of REBT counseling & Islamic counseling and the post test of REBT & Islamic counseling.

Hypothesis test 3 of the problems in the application of conventional group counseling, using a paired sample t-test is a significant value of $0.328 > 0.05$ it can be concluded that there is no significant difference between the conventional counseling pre-test and the conventional counseling post-test.



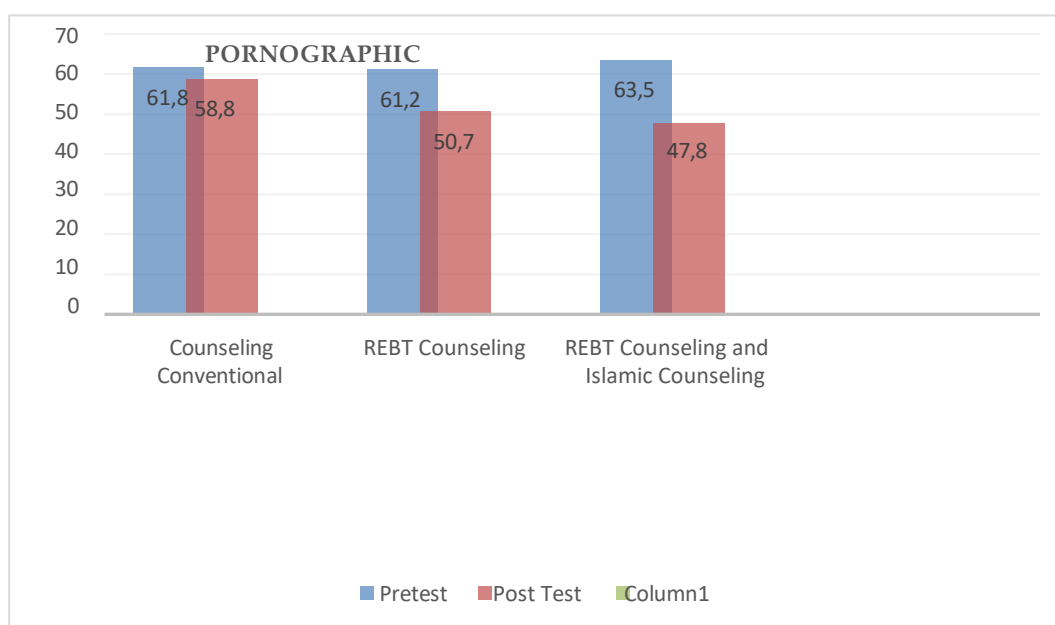


Figure 3. Different tests

Hypothesis test 4 to find out which is the most effective of the three treatment groups, namely REBT group counseling, REBT group counseling combined with Islamic counseling, and conventional counseling, was tested using the test Anova one path as follows, the Significant value of $0.223 > 0.05$ can be concluded that there is no significant difference between the difference between conventional counseling, REBT and REBT & Islami. After looking at the results of SPSS output, REBT & Islamic counseling has the most effective value for reducing student pornography levels because the average difference reduction value is the largest, which is -1.16 compared to other counseling.

Discussion

In the results of the study on pornographic behavior in group counseling with three treatments, where REBT treatment and Islamic counseling in reducing pornographic behavior are more effective than other treatments, this is evidenced by the results of the difference in scores that show that conventional counseling lowers scores the level of pornographic behavior was -.2100, in the REBT counseling the score of the pornographic behavior level was -.7467 and in the REBT group counseling combined with the Islamic group counseling the score of the pornographic behavior level was -1.1600. Thus, from the results mentioned above in experimental treatment, the purpose of REBT counseling is A-B-C-D-E (antecedent event, belief, emotional consequence, desputing, and effect) meaning that the effect occurs after the intervention action in counseling by the counselor which is possible psychologically there are changes after completing the series of counseling (Corey, 2013).

Based on previous research in an article titled Rational Emotive Behavior Individual Counseling: An experimental study on improving self-concept, the results of the study show that the application of rational emotive behavior is effective in improving students' self-concept (Setyowati, 2021). Likewise, previous research entitled



Effectiveness of the Cognitive Behavior Modification (CBM) Approach in Reducing Pornographic Behavior in Students of SMAN 1 Sungai Geringging with a Group Setting, showed that the CBM approach was effective in reducing pornographic behavior among students (Kumala Sari, 2019). Previous research is in line with this study, which also uses the REBT approach which has been proven to be effective in reducing pornographic behavior.

Development of Human Intelligence Potential According to the Qur'an" in *Risâlah Journal of Islamic Education and Studies* (Vol. 10 No. 2) explains that the Qur'an views that human beings have intelligence potential that is not only limited to intellectual abilities, but also includes spiritual, emotional, and moral intelligence that can be developed through good education and coaching; this potential can be optimized by honing reason (thinking), heart (feelings and faith), and behavior in accordance with Islamic values, so that individuals are able to become balanced individuals, with noble character, and beneficial to life; thus, the development of intelligence according to the Qur'an focuses not only on cognitive aspects, but also on the integration between science, faith, and morals in daily life (Mujahid & Yusuf, 2024). In the Qur'an there are practical methods and how to train Effective behaving thoughts and habits that are taught into the heart and soul human beings in the context of fostering a whole personality. In a previous study with the title *The Application of Islamic Counseling in the Moral Development of Muhammadiyah 3 Medan Junior High School Students*, it was shown that the results of his research showed that the application of Islamic counseling had been carried out well (Dewi et al., 2022). Previous research is in line with this experimental research because it shows significant results in reducing immoral behavior, especially pornography. As for pornographic behavior committed by the subject or counselor before Carrying out treatment, in the pre test, it was found that the form of behavior obtained from sexual content to cause sexual desire because adolescents often access pornographic content. Previous research by Maisya on the topic of *Degree of exposure to pornography for high school and high school students*, that pornography behavior consuming pornographic media is good online and Offline which results in masturbation and active sexual behavior (Maisya & Masitoh, 2020). This is in line with this study, counselors who behave in pornography resulted in masturbation and masturbation carried out by 11 students out of 22 students who were sampled. Mind set They say that pornography is a normal thing in the age today. So they are not ashamed to watch pornography even if it is secret.

This study strengthens from previous research to test hypotheses by boiling down to the theory of REBT and Islamic counseling. Ellis has a hypothesis about REBT, that emotions come from beliefs that can affect evaluation and Interpretation of reactions in life situations (Hidayah et al., n.d.). When a false belief turns into a true belief, the behavior will automatically change according to the Mind Set her. Of course, the three modalities of belief, feelings/emotions, and The behavior of the three influences each other to cultivate their personalities.

Islamic counseling is based on a correct understanding of the counseling process, which aims to realize positive behavior changes in counseling through the development of



mindsets, the use of conscience potential, the management of feelings, and beliefs and behaviors that are in harmony with Islamic teachings based on the Qur'an and Hadith (Mujahid & Yusuf, 2024)

The findings in this study lie in the treatment of REBT group counseling in collaboration with Islamic counseling in one meeting session. The researcher reasoned that with the combination of these two methods, which have their own application, it is hoped that there will be changes in beliefs or thoughts, emotions, and behaviors based on spiritual awareness. REBT treatment and Islamic counseling treatment are both applied to counseling to form the character of students entirely based on the goodness of the soul, heart, body and spirituality. A counselor who can apply REBT therapy and apply Islamic therapy in his personality that gives birth to adjustant behavior, appreciating and upholding moral and religious values.

The limitation of this study is that this study does not control for external variables that theoretically affect pornography behavior and the application of the counseling method tested. This study has a small number of subjects so the results of the study cannot be generalized. The approach of REBT and Islamic counseling in a group counseling setting requires researchers or counselors to explore their own abilities and expertise to reveal counseling problems in depth.

Conclusion and Recommendation

Based on the results of data analysis and hypothesis tests from the research, it can be concluded that the REBT and Islamic Counseling Approach is more effective in reducing pornographic behavior than the REBT and conventional counseling approaches in the implementation of group counseling. REBT and Islamic counseling activities in group counseling services have opened students' insights in acquiring new thoughts and knowledge and spiritual awareness that are habitual in daily worship to change their behavior. The dynamics of group counseling can also stimulate students to respond, respect their friends' opinions, and jointly find alternative problem-solving. The alleviation of problems related to immorality is very much in accordance with the approach of REBT and Islamic Counseling, because it has been proven from the results of this study. Therefore, pornography and other deviant behaviors should use effective counseling methods and techniques to solve students' problems. It can be included in the BK program through responsive services either through individual counseling or group counseling.

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