

Group Guidance Model with Cinema Counseling Technique as a Prevention of Lesbianism for Students

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Abstract---This article begins with a number of questions from students who live in Mahad who have never received counseling services, especially group guidance. What is counseling, what types of services included in counseling guidance, and what services are appropriate to prevent the existence of lesbians at IAIN Bukittinggi are some of the questions. This article covers discussion about group guidance model with cinema counseling technique as one of the counseling services in which there is group dynamics, using film as a counseling tool that gives a positive effect on clients. Cinema shows consisting of 5-8 members which lasted approximately 60 minutes that were documented. The role of the counselor is not only to screen films, but also to choose the accuracy of the film with the purpose of counseling. Counseling cinema is a creative counseling with a variety of new innovations in counseling services that use film or video as a counseling tool. In the process of group guidance services with the counseling technique, all group members learn to express ideas and feelings and reflect the stories and characters contained in the film so as to prevent students from lesbian behavior.

Keywords---Group Guidance, Cinema Counseling Technique, Lesbian

I. INTRODUCTION

The problem of sexual aberration becomes a serious issue and even be a matter of debate throughout history. Obedient groups of norms strongly oppose the various acts of sexual problem, but they all find resistance from their communities who get disadvantages by the view, leading to fierce debates in order to gain recognition by various parties. This has become increasingly sharpen with the rise of speech by those who support the LGBT movement (lesbian, gay, bisexual transgender), initiated from the Western world. The appearance of this movement started from the formation of Gay Liberation Front (GLF) in London in 1970, while the inspiration of this movement is the liberation of LGBT earlier in the United States in 1969 at Stonewall [1].

West Sumatra, especially Bukittinggi area known as the foyer of Mecca holds the traditional philosophy of 'adat basandi syarak, syarak basandi kitabullah is churning off deviant sexual orientation actors such as: Lesbian, Gay, Bisexual and Transgender (LGBT). This should be a concern because based on the result of counselors discussion found that the change of sexual orientation paradigm happend almost in all colleges in West

Sumatera. The assertiveness was put forward because the behavior of sexual disorder is a disease that can be happened to anyone without distinguishing social class or education level.

Found that 5 to 12% of students are not exclusively heterosexual [2]. Thus, LGBT youth, those considered to be LGBT, and youth who question their sexual orientation or gender identity represent a significant proportion of the student population and must be protected [3].

Students are often targeted for bullying and harassment in school because they are presumed to be lesbian, gay, bisexual, or transgender [4]. Most LGBT students frequently hear anti-LGBT language and experience harassment related to their sexual orientation and gender expression, and the majority of LGBT students feel unsafe at school and are likely to skip class or even full days of school to avoid the anti-LGBT name-calling, bullying and harassment they face on a daily basis [5]. As many as 2 million to 3.7 million U.S. children under age 18 may have a lesbian, gay, bisexual, or transgender parent, and about 200,000 are being raised by same-sex couples [6].

Counseling services, especially group guidance is very appropriate implemented as a contribution in preventing problems that will arise. Clients as group members jointly review material topics about preventing lesbian behavior in dynamics group. Each member of the group is given skills in expressing opinions, sharing information, giving advice, receiving feedback and learning to solve problems faced by group members. The role of cinema counseling by playing films are presented in the process of group guidance as a medium of information about all things related to lesbian.

This is one alternative that can be given to prevent lesbian acts to the students by dispensing their sexual orientation correctly by playing cinema or right movies. The cinema/film presentation as a coping strategy in addition to providing entertainment, can also have a positive effect on preventing lesbian at IAIN Bukittinggi by looking at the characters in the film as role models. The reason for giving this film is the advantages of entertaining and educating [7].

The structure of the group guidance model with the technique of cinema counseling as a prevention of lesbian behaviour includes various things. They are:

A. Rational

Lesbian or women who primarily have sexual and emotional relationships with other women, is one of the phenomena considered perverted because it often clashes with the standard of values and norms that exist in many groups of society [8]. Lesbian cases do not happen by themselves, but through the process of psychosexual development of a person, especially the factors of family education at home and social interaction. Lesbian can be prevented and changed their sexual orientation, then a lesbian can live a natural life again to be heterosexual.

The traditional cultural view in Indonesia, when a boy or girl enters puberty, relationships and interactions between them are immediately limited. Traditional norms and morals especially in rural and inland areas even in almost all areas that apply Islamic principles against adolescents dating, as it may lead to premarital sexual intercourse. The traditional moral also opposes the gathering of unmarried girls to men, leads to an adultery scandal. There have been reports and rumors of incidents of lesbian relations in these places, but due to the strong shame culture in Indonesia, such incidents are usually directly covered and kept secret so as not to contaminate the reputation of the institution.

This case is also indicated to occur toward students at IAIN Bukittinggi who live in dorm. Male students who almost interacted 24 hours with their fellow men because they were friends of classmate as well as roommate so that their interaction with the opposite sex is very rare, and as well as with female students. Not only that, opposite students are prohibited to be together (male and female) both in front of the crowd let alone in secret, it makes those who are experiencing puberty is not distributed his interest with the opposite sex. Problems arise with age in early adulthood, which is a period of transition from dependence to independence, both economically, independently of self-determination, and a more realistic view of the future. Lesbian, gay, bisexual, and transgender (LGBT) students face a unique set of safety concerns each day. Over 85% report being harassed because of their sexual or gender identity, and over 20% report being physically attacked. Far too often teachers and administrators do nothing in response [9].

B. Key Concepts of Group Guidance

In the group guidance, there are key concepts as follow:

1. Psychological factors are the criteria used to describe individual differences in various things such as attitudes and behavior to understand himself and his attitude and behavior in order to prevent from lesbian acts. LGBT students should not be viewed as separate and apart from other identifiable persons and groups, particularly since

gay and gender-non-conforming youth often have multiple identities, and may also various people, English-language learners, students with disabilities, devoutly religious, dedicated athletes.

2. Group guidance provides an overview of the importance of preventing themselves from homosexual acts in order to be able to distribute their interest in the opposite sex.

C. Principles of Group Guidance Implementation with Counseling Cinema Technique in lesbian prevention efforts are implemented based on the following principles:

1. Service is for all individuals
2. The main target is individuals
3. Focus on things that are positive
4. It is the effort of all group members including the group leader
5. The most important thing is decision making
6. Effective group guidance is part of the overall group guidance program
7. Group guidance with effective counseling cinema techniques based on the student's need to prevent the lesbian behavior
8. Group guidance is characterized by a permissive circumstance
9. Group guidance with cinema counseling techniques requires a good preparation for each group member
10. Model guidance group of cinema therapy techniques as prevention of lesbian can be implemented by all counselors and lecturers of Counseling Major
11. It is expected that the client's active participation during the counseling process takes place. With the active participation of clients is expected to get a variety of information. As a result, it is possible to make decisions gradually.

D. Objectives of Group Guidance Counseling with Cinema Technique

The general purpose of group counseling with cinema technique is to prevent students from lesbian behavior. Specifically, the purpose of group guidance counseling is to encourage the members of a group to have capability as follow:

1. Mental reinforcement and confidence begin gradually in preventing lesbian behavior.
2. Very familiar with attitude, behavior because it is equipped with the concept of psychology and counseling.
3. Clients have a great responsibility for all activities undertaken to prevent from lesbian behavior.

4. Develop an optimistic attitude and distribute their desires appropriately.
5. Able to behave and have high confidence with careful consideration in every activity undertaken to avoid the behavior of lesbian
6. Able to develop understanding and attitude of keep fighting to avoid lesbian behavior.

E. Components of Group Guidance Counseling with Cinema Technique

The group guidance model used in this research is with counseling cinema techniques, in addition to the members and group leaders there are some movie shows. This group guidance model has three main components:

1. Group leader

The group leader is an experienced counselor or guidance counselor who conducts counseling practice. The group leader is able to enliven the group dynamics among all group members in each counseling process in order to achieve the general and specific objectives of the groups' guidance, but at the stage of activity the group leader does not play an active role because in this research the more important role is the cinema counseling.

2. Group members

Members of the group are students of IAIN Bukittinggi who are formed based on the criteria in accordance with the objectives this counseling model implementation.

3. Cinema Counseling

Cinema counseling that aired is the films of LGBT especially lesbian. Cinema counseling is an instrument in preventing students' lesbian behavior during the activity phase.

F. Stages of Implementation Group Guidance Counseling with Cinema Technique

States that group guidance is often broken down into four or five stages, but there are some models that have only three stages and some even up to six stages [10]. But the implementation of this counseling model consists of four stages as follows:

1. Formation Stage

This is the stage of introduction and self-involvement of group members to strengthen unity in groups with the goals or expectations to be achieved in group guidance. Leadership control is still held by group leaders. Understanding group members allows them to play an active role in group guidance activities which in turn can foster an interest in themselves to follow.

This stage aimed is to foster an atmosphere of knowing, believing, receiving and helping friends who are in the group. Activities undertaken are

expressing the understanding and purpose of group activities in the context of group guidance services, explaining the ways and principles of group activities, group members introduce themselves and express themselves. Further interspersed with the game with the aim that there will be an increasingly intimate atmosphere of the group members.

2. Transitional Stage

This stage described what activities will be carried out, then the role of group leader is to assert the type of guidance of the task or free group. Once clear what activities will be done then the readiness of members in carrying out activities and each member of the group knows the benefits to be gained.

In order to proceed group guidance smoothly, the counselor as a group leader with his leadership style brings the group members to the next stage, by re-elaborating the purpose of group activities, the principles of secrecy, volunteerism, and so forth.

3. Activity Stage

It is the core stage of group counseling, with group dynamics and the discussion of all the problems faced by group members, each member sharing experiences so as to create an atmosphere for self-development, both related to the improvement of communication skills and related suggestions submitted by group members freely. The group leader presents the topic of task to be reviewed by the group members, after that the leader as a facilitator bridges the understanding between the group members and the cinema counseling shows so that all members gain knowledge and understanding.

The steps taken in the training of prevention problems skills using cinema counseling steps (Utami, 2011) are as follows:

- a) Assessment stage is the initial stage of cinema counseling techniques by searching for appropriate movie that is appropriate with objective of prevention problems skill, the researchers adjust the film to be aired for the purpose of research
- b) Implementation stage is to prepare the film based on the purpose of research, using a rational reason of watching movies. Researchers show movies related to LGBT especially homosexuals, such as the reasons someone is trapped in homosexual behavior, the dangers and negative impacts of homosexuals from various aspects and stories of a person who turns his sexual orientation from homosexual to heterosexual.

- c) The debriefing stage is an advanced process after an action, or after an experience of watching movie. This stage discusses thoughts and feelings that exist in movies that are useful for group members, so they can learn to prevent themselves from homosexual behavior and solving the problems that faced by them.

4. Phase of Termination

This stage concludes the results of the group guidance discussion that has been implemented and gained the reinforcement of the things that have been learned. At this stage there are two activities namely assessment and follow-up. In the final stages or at the end of important group meetings, it is important to know how members' skills, including counselors, in transferring what they have learned in groups into their lives outside the group environment. Group members attempt to realize action plans to achieve desired behavioral changes.

In general it can be said that the termination of group counseling activities is appropriate when the individual goals of group members and group goals have been achieved and new behaviors have been practiced in daily life outside the group.

5. Materials Discussed in Cinema Counseling

Implementation of group guidance services using task topics from group leaders, then discussed thoroughly by group members. The cinema counseling shown is about matters relating to LGBT especially related to lesbian. Implementation of material in group guidance with cinema counseling techniques as prevention of lesbian as follows:

Topic 1: The evolution of lesbian diagnosis, its purpose by understanding lesbian evolution from the Church's view as a sin, to three famous psychoanalysts who believe that lesbian is a disease to be cured, students will know that LGBT is a type of disease. The people who support this is a decision that does not enter the logic of reason and human conscience and it also actually makes this disease into a time bomb that can be very dangerous for the survival of human life.

Topic 2: The main factor causing a person to become lesbian, the goal by understanding the factors causing a person to be lesbian, group members are able to avoid themselves from the sexual disorientation so that later they can distribute their sexual orientation correctly and appropriately in accordance with the norms and customs applicable.

Topic 3: Lesbian from different perspectives, it is aimed for group members to understand that LGBT phenomena have eroded and challenged the harmony of community life. From the point of sociology, LGBT will cause the increase of social and immoral symptoms until it can not be controlled. If viewed from the side of psychology, these bad habits will

affect the psyche and give a very strong effect on the nerves. As a result the offender feels he or she is not a real man or woman, and feels anxious about his or her identity and sexuality. The person feels inclined to the same person with him. It can also have an effect on the mind, causing the perpetrators to become moody. A lesbian always feels dissatisfied with the impulse of her passions. This symptom can also damage the family system and kill the generation.

Topic 4: lesbian prevention efforts with cinema counseling technique directly imparted to IAIN Bukittinggi students are able to prevent the emergence of LGBT problems especially lesbian. As a result, this problem does not spread into IAIN Bukittinggi. The technique of cinema counseling is not only directed to prevent adverse effects of lesbian in the field of individual life functions, but it is also expected to prevent the risk of its appearance in the future.

II. METHOD

In this study, the writer employed the type of research and development (R & D). Proposed that research and development method is intended to compile and develop a new model and pattern / new product, and it is suitable to be used to develop group counseling model in lesbianism cases with the topic of preventing lesbianism from various perspectives [11]. In accordance with research problems and environmental conditions, the procedure for developing this study followed five systematic development steps, namely the ADDIE model (analysis, design, development, implementation and evaluation) [12].

There are several techniques in collecting data, but the appropriate ones used in this study are observation, interviews, and documentation analysis. Data analysis is one of the most important aspect in the research. Data analysis is the efforts of researchers to understand what is behind the data and make information intact and easy to understand to find a general pattern that arises from the data.

TABLE 1. RESEARCH DESIGN

R Group	Pretest	Treatment	Posttest
Experiment (E)	O ₁	X	O ₂
Control (p)	O ₁	-	O ₂

This study divided the sample into two groups, namely the experimental group (E) and the control group (P). Before the experimental group was given the treatment (X), the two groups were first given an initial measurement (O₁) to see the condition of each group. After that, the treatment (X) was given to the experimental group along with its measurement (O₂) and these results were differentiated from the first measurement results. From the collected data, the technique that will be used is adjusted.

III. RESULTS AND DISCUSSION

Based on the results of surveys and interviews, the writer was informed that in general students have never received counseling services, so far they have only received consultation services about the problems and the academic process by academic supervisors. They know the counseling from counselors and counseling lecturers in IAIN Bukittinggi, especially group counseling with cinema technique. They have only obtained information on prevention of LGBT especially lesbiains through internet media, social media and television. It shows that counseling services are very important not only to provide solutions to problems experienced but also to encounter of LGBT influences at the campus of IAIN Bukittinggi.

IV. CONCLUSION

There are many things and ways that can be done to prevent the emergence of LGBT / lesbianism in the campus. It is not limited to counseling services only. The most important thing is cooperation from all parties such as parents, lecturers, colleagues and the community. In addition, there must be clear regulations regarding sanctions to be given to LGBT perpetrators. Finally, the enlightenment from religious and community leaders as a preventive measure is also needed.

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