

# Rational Emotive Behavior Counseling Procedure for LGBT (Lesbian, Guy, Biseksiual, Transgender) Persons

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## Abstract

This study aims to discuss sexual deviations that occur in Homosexuals or LGBT, Homosexual deviations have a detrimental impact including discrimination from the social environment, such as satire, threats, bullying, physical and psychological violence, and persecution experienced by LGBT people. The research method used is a qualitative approach, data collection techniques used include observation, documentation study, and audio-visual information. Data analysis is carried out by drawing conclusions to produce descriptive meanings as the end result of the research process. The results showed that Homosexual or LGBT behavior was caused by several factors, including (1) habitual factors, (2) childhood experiences, (3) environmental influences, (4) peer influence, (5) physical violence, (6) hormones in the body, (7) lifestyle. The conclusion of the study found that the REB (Rational Emotive Behavior) theory was used as a treatment for LGBT disorders, as follows. (1) showing the irrational belief system of the client, motivating the client to change, (2) helping the client to modify their thoughts and feelings to be more rational and reasonable, (3) reducing the frequency of client's unreasonable thought, (4) develop the client's life philosophy, (5) show negative consequences if the client still maintains his irrational beliefs, (6) commitment and plans from clients to want to change, (7) counselor intervention to conduct spiritual intervention.

**Keywords:** rational emotive behavior; counseling; LGBT

## Introduction

Human nature is to behave and act in accordance with the nature and instincts given by Allah SWT, between the nature and instincts are biological instincts of individuals related to sexuality, namely heterosexual tendencies toward opposite sex couples, healthy individuals tend to act in accordance with natural instincts that are natural exist in him, while a troubled person will act according to his ego and personal satisfaction.

A troubled person has a tendency to violate the norms or rules that apply to achieve satisfaction and pleasure in himself, individuals who reject heterosexual tendencies as natural biological instincts in humans will commit sexual deviations called Homosexual or LGBT (Lesbian, Gay, Bisexual, Transgender ).

Homosexual or LGBT behavior occurs due to biologic behavior that unconsciously affects individual perceptions or cognitive, social environmental factors such as family, peers, study peers, colleagues, and closest people also influence an individual in acting and making decisions.

Individuals who have deviant orientation or the tendency of homosexual behavior will have problems that must be faced, including the rejection of the social environment in which an individual grows and develops, social social environment tends to reject the gender identity that is not in accordance with religious norms and general rules that are applies in the community.

Rejection faced by individuals who have homosexual or LGBT identities includes various kinds, ranging from satire, threats, bullying, physical or psychological violence to

discrimination that makes an individual with homosexual feelings feel threatened and insecure, social communities have a tendency to judge someone who acts not in accordance with applicable norms and rules.

Homosexual or LGBT behavior is motivated by a variety of causes and supporting factors, including habits, childhood experiences, environmental influences, family influences, peer calls, physical violence, hormonal factors, lifestyle and several other causes both internal and externally, sexual deviations often occur through a long process and pass through the stages of the thoughts of an individual which results in decisions regarding gender identity that exist in him.

Deviation of homosexual behavior or LGBT has a close relationship with an individual's perception of gender identity inherent in him, based on observations or observations of researchers in the field, found that a homosexual individual considers that their behavior is harmless, does not harm others, is Human rights or human rights that must be upheld and respected, and want to achieve satisfaction and pleasure even though their conscience said that the action was clearly wrong and not in accordance with applicable norms.

The results of observations by researchers in the field found that environmental factors such as physical violence from the closest person or lack of affection from the family became one of the causes of the emergence of deviant homosexual behavior, physical violence and lack of affection caused trauma in individuals and began to look for role models or a substitute figure for love that is not obtained from a family figure.

The observation of researchers found the fact that an individual who experiences homosexual behavior tends to hide his gender identity to others by camouflage in order to deceive the social environment so that his real identity is unknown to others, the camouflage is done by pretending to be male normal men or women who are shown to others, in some cases homosexual men choose to date women to cover up their identities.

Homosexual behavior tends to be hidden by an individual so as not to cause social conflict with the wider community, an individual is very smart in hiding his gender identity to others so that the social environment does not know his true identity, various roles such as the act of pretending, participating in community service activities , social activities, humanitarian fundraising and others intended to prevent the social environment from being suspicious of the individual.

The social environment contributes in perceiving how homosexual behavior or LGBT grows and develops in Indonesia, based on phenomena on the ground and data obtained by Arus Pelangi, an NGO that houses LGBT people in Indonesia, states that between 2006-2018 victims of discrimination and persecution LGBT people in Indonesia often experience thousands of people.

Research conducted by Arus Pelangi in 2013 showed that 89.3% of LGBT people in Indonesia had experienced violence because of their gender identity. 79.1% of respondents said that they had experienced a form of psychological violence. 46.3% of respondents said that they had experienced physical violence. 26.3% of economic violence. 45.1% of sexual assault. 63.3% of cultural violence (Arus Pelangi, 2014).

Discrimination by social communities against LGBT people ranging from satire, insults, verbal abuse, bullying, and physical violence such as persecution and dangerous threats such as expulsion to isolation from the environment, these things cause deep trauma for individuals who suffer from homosexuals and cause a sense of hate and feelings of revenge for the social environment.

The role of the social community is one of the main factors that can shape the perceptions and actions of homosexual or LGBT perpetrators, anarchist actions from the social environment that tend to discriminate and persecute LGBT perpetrators making them suffer and depressed both physically and psychologically, the absence of coaching methods that both from the community makes homosexuals more isolated from the social environment.

Psychologically LGBT actors feel discriminated in any form based on sexual orientation, gender identity and gender expression, which is carried out by various parties, both by officials and state apparatus. If a child with LGBT is rejected by his parents, then he is vulnerable to psychiatric problems. Lack of support from the family for the identity of LGBT perpetrators can affect the quality of mental health (Elga, 2016).

The pressure faced by individuals who are homosexual or LGBT makes their mental burden psychologically very heavy, symptoms of personality disorders that are often experienced ranging from mild to severe levels, emotional expressions such as sadness, crying, disappointed, anxious, afraid, angry until experiencing depression the weight and intention to commit suicide is often experienced by homosexuals or LGBT people.

Another pressure faced is the country's rules that curb LGBT actions. For groups who support LGBT actions, say that it is their human right to choose as LGBT, as human rights, they demand to be protected by their human rights (Rustam, 2016). That they are human beings who also have the same rights and opportunities and should not be treated discriminatively by criminalizing their sexual orientation (Roby, 2018). While for groups who refuse, Indonesia is not a country that understands liberalism or even adherents to an unlimited understanding, everything has rules that must be obeyed (Suherry et al, 2016).

## **Method**

The method used in the study of this research is a qualitative approach. Qualitative research is a research effort in understanding how an individual or group experiences symptoms of a particular phenomenon, using an exploratory approach to scientific methods in producing temporary findings and developing how understanding of humans, places, and types of certain groups (Johnson & Larry, 2014).

The researcher acts as a key instrument in this study. Location of the study in Pandeglang district, in 2019-2020 for 1 year, the research subjects were 2 male homosexuals. The presence of researchers in the field process through several stages and processes, namely how the initial observation in the field, how to adjust to field conditions, and establish good relationships with researched subjects (Riswanto, 2017). Researchers must be physically present in the field, to make observations and also observe how the cultural process is taking place (Riswanto, 2017).

Data collection techniques used include observation or observation, documentation study, and audio-visual information. Qualitative researchers must collect a variety of important data, namely interviews, observation, documentation, and audio-visual information (Creswell, 2014). Observations are carried out by extending observations with researched subjects, documentation studies are carried out by the screenshot method or duplicating Whatsapp conversation images, while audio visual information is obtained through internet data containing audio visual elements such as Youtube content and others.

Data analysis was carried out by drawing conclusions to produce descriptive meanings as the final result of the research process. Analysis of data in qualitative techniques involves checking, sorting, categorizing, evaluating, comparing, synthesizing, and interpreting code and data and reviewing raw data that has been recorded (Lawrence Neuman, 2014). Characterization of the final findings of qualitative research is to produce meaningful coherence (Sarah Tracy, 2013).

## **Results and Discussion**

### **Results**

Definition of LGBT (Lesbian, Gay, Bisexual, Transgender), Lesbian is the sexual orientation of a woman who only has a desire with a woman, Gay is a sexual orientation of a man who only has a desire with a man, Bisexual is a sexual orientation both a man or woman who like two sexes at the same time, and Transgender is a sexual orientation in which a man identifies himself as a woman and a woman identifies himself as a man (Musti'ah, 2016).

Early symptoms of homosexual deviation are marked by the presence of habit or habit factors, the formation of behavior or personality in an individual can occur due to habitual factors or habits, things that are underestimated such as the tendency of boys to play with dolls or wear lipstick and powder on his face, and has become a routine habit until the boy grows up, can be a seed for the growth of gay behavior later in life.

Habit factor that is done repeatedly and continuously can form a personal identity in a person, because of that the tendency of homosexual behavior is obtained from the bad habits that are done repeatedly and continuously, the types of games that are done are not in accordance with the identity gender should be able to be avoided and prevented by parents from an early age, control and supervision from parents or immediate family are the main factors to prevent sexual deviation.

Childhood experience is one of the other factors why symptoms of homosexual irregularities grow and develop in a person, based on the results of interviews with researchers to the subject of one homosexual (gay), childhood experiences of lack of affection from parents, especially fathers, contribute to shaping the seeds of homosexual deviations or deviations as the individual grows up, an individual needs a figure who can be a role model or model for himself.

Poor childhood experiences can cause a deep traumatic feeling in a person, forms of experience such as being hurt both physically and psychologically, making a person's soul shaken and lead to feelings of revenge and want to take revenge for that behavior later on,

individuals who suffer from homosexuals tend to channel their insatiable childhood experiences when they grow up.

The social and family environment has a significant influence in shaping a person's gender identity, individuals who initially have normal sex orientation associating with certain environmental conditions such as joining gay or lesbian communities, can later have a considerable influence on one's psychological development, if not directly affected, at least an individual has the intention or thought to behave in the same manner in order to be accepted in the community.

The family environment also has an influence on the formation of a person's gender identity, individuals born from broken home families because both parents divorced, contributed to this, because the child lacks one of the important figures in the family, be it father or mother, Another example is a child who witnessed domestic violence perpetrated by both parents, it was recorded in the child's brain and continued to be remembered until the child grew up.

The results of previous studies, wrong parenting in the family environment is a supporting factor where individuals are transformed into homosexuals, there is no role model to imitate the quality of male personality, as well as an incorrect understanding of sexuality. The identity formation experienced by the three subjects decided to come out after a change in mindset after accepting the condition of oneself as homosexual (Ajeng et al, 2017).

Peers have an influence in forming the perception or mindset of an individual, because it becomes very important with whom a teenager gets along, an individual tends to imitate the actions and behavior of his peers in order to be well received in a group of friends, an individual naturally refuses to be shunned and opposed by peers, therefore if an individual gets a good friendship group, then the tendency of the action to be done will definitely be good, conversely if you get a bad and bad friendship group, then the tendency of the action done is also sure to be bad.

Individuals need peer group to show their existence to others, because humans are social creatures who need others to socialize in order to achieve self-actualization as a whole human being, therefore an individual who has been attached to his group and has received recognition status in the community group This, has a level of difficulty to get out and separate from the community due to the status of respect that is obtained by the individual.

Individuals who enter the LGBT community of friends and have received recognition status in the community, have a difficulty level to get out of the network of friends, one of which is because the community always provides stimulus and encouragement and positive suggestions to the individual, the group of friends always gives suggestions that out of the community then the individual will not get the same happiness and pleasure that is obtained when he is still in the community of friends.

Physical violence is another factor why the seeds of sexual deviation can occur in an individual, an individual who is a victim of violence, whether from parents, family, friends, teachers, or others, can have profound psychological effects on the individual such as feelings traumatic or hatred and hatred stored in the brain's memory, at an later stage an individual who is a victim of physical violence looks for figures to emulate and emulate.

Individuals who experience victims of physical violence will look for the right figure for themselves as a substitute for the physical violence he received before, the figure sought is someone who can give love and sincere attention to the individual even though the figure is the same in gender or gender, this is where the seeds of sexual deviation occur, if it occurs in men, then the tendency obtained will turn into gay, and if it occurs in women then the tendency obtained will turn into a lesbian, if the individual is overwritten by confusion and confusion in taking decision, then the tendency that he can will turn into bisexual or like two sexes at once.

Hormone factors in the body have an influence in the formation of one's gender identity, men have more hormone testosterone than the hormone estrogen and from this male gender identity can be formed and have normal behavioral tendencies with other men, whereas women have hormones more estrogen than the hormone testosterone and from there also a woman's gender identity is formed and has a tendency for normal behavior with other women.

The problem arises where the imbalance of one hormone that occurs in men or women, a man who has more estrogen levels than testosterone levels, then the tendency of behavior will change to women and a woman who has more testosterone levels rather than estrogen levels, the tendency for behavior will change to men.

Lifestyle factors have an influence on the formation of individual gender identities, lifestyles that demand high consumerism as the main needs that must be met, making an individual involved in various diverse social communities, lifestyles that prioritize prestige and prestige are always demanding individuals to look stylish and update to follow the prevailing patterns of development.

LGBT communities such as gay or lesbian groups will always follow the development of lifestyle in order to show their existence in the midst of the social environment, this is motivated because gay and lesbian groups are not easily identified easily by the general public, in contrast to easy transgender groups easily identified by the general public due to their physical appearance that is easily recognizable.

Based on the observations of researchers on LGBT behavior, there are levels or levels in each LGBT community, the first is identification of lesbian behavior, where the characteristics of homosexual lesbians are appearing with maleness characterized by firm voice, short hair, wearing Short-sleeved T-shirts, most appear masculine although some cases actually appear feminine, and have a more social network with men than women.

Gay homosexuals have more complex and complex identification characteristics, based on observations by researchers in the field, it is found that there are at least two types of identification of gay men, namely gays who still appear masculine and gays who appear feminine, while gays who appear in a feminine manner masculine has difficulty being recognized by ordinary people, in contrast to gays who appear feminine which is easier to be identified in general by ordinary people. In general, levels of anxiety and stressing between gay homosexuals and lesbian homosexuals have different levels of difference. The level of social anxiety of lesbian homosexuals is higher than that of gay homosexuals (Yogestri & Prabowo, 2014).

Bisexual is a type of sexual deviation with the least amount when compared with gays, lesbians, and transgender people, based on the observations of researchers, bisexuals are generally experienced by an individual who has a fairly good level of economic or financial security, a bisexual also leads the most normal life when compared to gay, lesbian and transgender groups.

Transgender is the group that receives the most discrimination and persecution when compared to gay, lesbian and bisexual groups, in general transgender people are physical appearance that is not in accordance with the gender identity of the individual, generally appear naturally according to the desired gender or look specifically by doing plastic surgery operations, most of the work done is working as a musician or street busker or being a commercial sex worker for male transgender men.

The texts of the verses and Islamic law provide explanations and rules, that LGBT acts (liwath) belong to the type of ammarah personality where the personality is dominated by lust (55%), which is aided by the power of reason (30%) and the power of heart (15%). This personality tends to the nature of the body that likes the principles of pleasure (Rizki et al, 2018).

Religious texts originating from the Qur'an and the Hadith, provide information that based on the explanation and discussion of scholars, interpreters and fiqh, concludes ijma 'that LGBT behavior is prohibited in religion because it violates human nature and nature. LGBT people from the religious point of view deserve to be sanctioned variously according to their conditions from ta'zir and rehabilitation sanctions, caning to death (Abdul Malik, 2017).

## Discussion

The Rational Emotive Behavior (REB) theory is a psychotherapy approach developed by Albert Ellis in 1950. The REB theory is a flow of psychotherapy based on the assumption that humans are born with good potential characterized by rational and honest thinking or bad potential characterized by irrational thinking and evil (Corey, 2013).

According to REB theory, humans have a tendency to care for themselves, be happy, think and communicate, love others, socialize with the environment, and grow and actualize themselves, but on the other hand, humans also have a tendency to self-destruct, slow, regretting mistakes - past mistakes, superstitions, intolerance, perfectionism, self-deprecation, and avoiding growth and self-actualization (Corey, 2013).

REB theory emphasizes that blame is at the core of most centers of emotional disturbances, therefore, to carry out the treatment process of individuals who are neurotic or psychotic, then the individual must stop to blame themselves and blame others, individuals need to learn to accept themselves with everything various kinds of shortcomings they have (Corey, 2013).

REB theory assumes that other people's irrational beliefs and values are causally interconnected with their emotional and behavioral disorders, the most effective and efficient method of helping these people is confronting them directly with their philosophy of life. alone (Corey, 2013).

REB theory must provide an explanation of how their ideas form that makes them feel disturbed and uncomfortable, then attack their irrational ideas using the basics of logic, and teach them how to think logically and thereby encourage them to be able to change or erase beliefs irrational beliefs that grow in him, so REB theory seeks to confront clients with their irrational belief systems and attack, challenge, question, and discuss those irrational beliefs (Corey, 2013).

Albert Ellis designed the framework of the REB theory called the A-B-C model which was later refined into the A-B-C-D-E-F model. A is called Activating, B is called Believe, C is called Consequence, D is called Disputing, E is called Effect, and F is called Feeling, A is all events involving individual facts, behaviors, or attitudes, B is the value of a person's beliefs. against A (events), whereas C is the consequence or emotional reaction of an individual (Corey, 2009).

Stage D-E-F is the duty of the therapist or counselor to start helping their clients with treatment. D is a counselor method to help clients challenge their irrational beliefs, there are 3 components in this process, namely detecting, arguing, and discriminating against the client's irrational belief system, in the early stages the client must learn how to detect their irrational beliefs, especially their self-confidence regarding a necessity to achieve perfection, or feelings of inferiority that are misinterpreted (Corey, 2009).

Stage E is the client's belief that has an effective philosophical foundation, which has a practical side, a new and effective belief system that consists of converting unhealthy beliefs or thoughts into healthy thoughts. while the last F is to rearrange emotional feelings in the client, discard feelings such as feeling very anxious and depressed, the client must feel healthy and giving forgiveness to yourself (Corey, 2009).

The counseling procedure that must be performed by a therapist or counselor is as follows. The first step is to show clients how they are incorporate words of encouragement that don't make sense then refute their irrational beliefs and encourage clients to engage in activities that seek to counter their rigid self-confidence and are replaced by other optimistic feelings (Corey, 2009).

In this initial step the counselor must demonstrate the irrational belief system, which in this case is gay gay as a client, that the words of motivation within the client itself are irrational and unreasonable, then the counselor refutes these beliefs and encourages the client to fight the feelings and their low self-esteem, and forget those painful feelings with more rational feelings.

The counseling procedure in the second stage is to show how clients who continue to maintain their emotional disturbances remain active by continuing to think illogically and unrealistically. In other words, because clients continue to re-indoctrinate their own values, most of them are not responsible for their own personalities for the problems they face (Corey, 2009).

In the second stage of counseling, the counselor wants to show clients, how they maintain emotional disorders that don't make sense, think illogically and unrealistically, for example gay homosexual clients expect marriage from loving relationships with their same-sex partners one day later, the thought of marrying the same sex is an emotional disorder

that does not make sense, as well as illogical and unreasonable, the task of the counselor is to remind the emotional disturbance so that the client is aware and changed.

The counseling procedure in the third stage is to help clients modify their thinking and minimize irrational ideas from within them. Although the counselor may not completely eliminate the client's irrational tendency to think, the counselor can reduce the frequency level. The counselor confronts the client with the beliefs they initially received without hesitation and then shows how clients continue to indoctrinate themselves with unnatural assumptions (Corey, 2009).

In the third stage of counseling, the counselor helps clients to change their ideas and ideas that are not rational, the task of the minimal counselor is to reduce the frequency level of the client's irrational thoughts, for example unreasonable thoughts of clients who want to have sex with men who have handsome and athletic face as much as possible, even though the client is also the same sex, namely male, the step is how the counselor reduces illogical thinking from within the client with logical arguments and makes sense.

The counseling procedure in the fourth stage is challenging clients to develop a philosophy of life that is rational and reasonable so that in the future they can avoid being victimized by an irrational belief system. Overcoming only certain problems or symptoms, the counselor teaches clients how to replace irrational belief systems with rational and reasonable systems of belief and behavior. The counselor teaches clients how their irrational beliefs are a big mistake and cause negative negative consequences. Counselors help clients to fight against the wrong belief system from within the client and take commitments from clients with plans to want to change their behavior (Corey, 2009).

In the fourth stage of counseling, the counselor motivates the client how to change the illogical belief system with a true and reasonable belief system, reminding that if the client continues to hold the wrong belief, the client will bear negative adverse consequences, for example a client who gay homosexuals will be exposed to deadly venereal diseases such as HIV / AIDS, which causes clients to die later on, counselors take commitments so that clients who are gay homosexuals want to change, at least the client has a plan and positive attitude to want to quit the belief system and wrong actions .

The fifth stage of the counseling procedure is Spiritual Intervention. The next continuum is spiritual intervention which refers to the intervention of counselors and other helper professions such as psychologists and psychiatrists to counselees who have declared themselves to be lesbian, gay bisexual and transgender. This continuum is one continuum that might not be discussed in counseling settings in western countries. This is because the topic of religion is one of sensitive and personal topics so it may never be used by counselors and other helper professions such as psychologists and psychiatrists in western countries except in pastoral counseling or other religious-based counseling settings (Ihsan, 2016).

## **Conclusion**

Sexual deviations that occur in Homosexuals or LGBT people, are caused by a variety of factors, including (1) habitual factors, (2) unfavorable childhood experiences, (3) influence of social and family environment, (4) influence of friends peers, (5) become victims of physical violence, (6) hormonal factors in the body, (7) lifestyle or life style. The counseling

procedure from REB (Rational Emotive Behavior) is used as a treatment for LGBT disorders, which is as follows. (1) showing the irrational belief system of the client, motivating the client to change, (2) helping the client to modify their thoughts and feelings to be more rational and reasonable, (3) reducing the frequency of client's unreasonable thought, (4) develop the client's life philosophy, (5) show negative consequences if the client still maintains his irrational beliefs, (6) commitment and plans from clients to want to change, (7) counselor intervention to conduct spiritual intervention.

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