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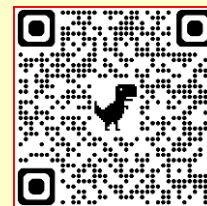
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AN ISLAMIC COUNSELING GUIDANCE APPROACH TO OVERCOME THE PROBLEM OF ETHICAL CRISIS IN ADOLESCENT LIFE AS A RESULT OF NEGATIVE SOCIAL MEDIA CONTENT

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ABSTRACT

The lives of teenagers today cannot avoid contact with digital media, not even just contact but becoming loyal users. Almost every time, minute, hour and even a full day for users who are already addicted to certain content from digital media. This picture of life is almost certainly not entirely positive, in certain cases such as drug addiction, online gambling, online prostitution, and others reflect that digital media has been used for bad. This study aims to describe the profile of ethical crisis problems in adolescents as a result of negative social media content and the treatment provided using an Islamic counseling guidance approach. The research used a qualitative approach case study method on four adolescents who were taken based on the criteria of having a habit of using gadgets for more than five hours per day and misbehaving at Al-Mukhlisin Educational Institution Bandung. The results show Islamic guidance and counseling by emphasizing awareness of the dangers of negative social media content, teaching and instilling moral values as taught and practiced by pious and faithful people in the past, self-control skills to reduce or even stop bad habits, build new understanding and awareness in using digital media properly, among others: (1) students realize the dangers of content that can damage faith and morals, (2) students move destructive content and look for positive content, (3) students realize the reality of themselves who are not yet time and should not see negative content, (4) students realize the importance of creating positive content and developing creativity. This research has implications for the Islamic guidance and counseling approach to be one of the approaches that can be used in solving the problem of the ethical crisis of the impact of negative digital media content.

KEY WORDS: Islamic Guidance and Counseling, Problem of Teenagers' Ethical Crisis, Negative Content of Social Media

INTRODUCTION

Social disease or community disease is any form of behavior that is considered inappropriate and violates general norms, customs, laws and religion. It is called a disease because the social symptoms that occur in society continue to erupt and are getting worse every day. It can also be referred to as a social structure whose function is disturbed, caused by social factors. Various kinds of social diseases have emerged in the form of robbery, rape, murder, gambling, drunkenness, free sex, addiction to pornography, to LGBT (lesbians, guys, bisexual, transexual) and many other social diseases. Worse still, these actions do not only infect ordinary people, even educated people often become perpetrators and victims.

In this global era, the problems of bullying, poor social relations, sexual violence, deviant sex, LGBTQ (Lesbian, Guys, Bisexual, Transexual, Queer), have become very viral news in the community, this phenomenon is very disturbing to the community and will greatly affect the development of children and will damage the younger generation. This problem is most likely due to the negative excesses of social media. Many movements on social media seem to encourage acceptance of their existence by campaigning that LGBT, free sex, and PMO behavior (Pornography, Masturbation, Orgasm) are common. Through movies, soap operas and television shows, the lifestyle is often portrayed as normal and normal.

The rapid advancement of technology coupled with the widespread development of the internet has contributed to the increasing number of social media users over time (Cahyono, 2016). The danger is that the use of social media by teenagers can hardly be controlled. The lives of teenagers today cannot avoid contact with digital media, not even just contact but becoming loyal users. Almost every time, minute, hour and even a full day for users who are already addicted to certain content from digital media. According to Kemenkominfo (2023), the majority of Gen Z / starting 1997 (35%) and Gen Y / millennial 1980-1996 (26%) use the internet for more than 6 hours per day. Meanwhile, those who access the internet more than 6 hours per day in the Gen X (1965-1980) and Boomers (1946-1964) groups are fewer, only 19%. The majority of Gen X and Boomers access the internet between 1-2 hours per day. 1-2 hours (24%), and 2- 4 hours (24%).

The existence of technological advances certainly has a variety of impacts on human life (Junaidi, 2016), both negative and positive (Istriyani & Widiani, 2016). The acceptance of this impact is adjusted to the user's style of using his/her social media. If the social user is a wise user, of course social media will be used for a variety of positive things, but if the user is not wise, then it is not impossible if social media is used to damage the mentality or psychology of others with a variety of actions taken, even though the government has issued rules regarding the ITE Law (electronic information and transaction law), but unfortunately these rules are often ignored by technology users so that a variety of immoral and mentally damaging actions arise. One form of social user indiscretion that can damage the mentality and psychology of others is the existence of pornographic content that is freely accessible, the rise of LGBT content, and PMO behavior in cyberspace which is often carried out through the social media.

Therefore, there must be an effort from every individual to overcome this so that deviations and social pathologies in society do not get bigger. It is feared that the next generation will increasingly decline in moral values, so far from the assessment of Islamic religious values. Therefore, the presence of Islamic Guidance and Counseling should be able to answer and help this problem. Namely,

how Islamic counseling guidance plays an active role in solving the problems of this social pathology, especially the problems of poor social relations, bullying, free sex, LGBT, and PMO.

Social media is not safe for children and adolescents. According to UNICEF data in 2017 the issue of pornography in social media reached 51.7%. Of the 1.3 million negative contents, the highest pornography reached 1,062,558 both in the form of videos, and images. This development is accessed by many people including teenagers. Teenagers easily access videos that they should not get. Information like this tends to plunge teenagers/students, causing a false understanding of sexuality, thus making them fall into deviant sexual behavior.

Access to porn media is dangerous for teenagers. Adolescents with sexual organs that have begun to function will feel happy and happy when they see impressions that fulfill sexual lust, because this event brings pleasure, they tend to repeat it. This event is known as a chemical event that occurs in the brain known as the dopamine hormonal effect. This is a hormone also known as the "happy hormone", a hormone that provides a sense of pleasure and motivation to do something when feeling happy. When doing something pleasurable, the brain releases large amounts of dopamine, causing good feelings and creating an urge to seek more of those feelings. The consequence for teenagers becomes frequent fantasizing, and seeking an outlet.

The reality of teenage life has led there, even that life is depicted in many news reports, even those that are real are not a few, such as information in the Almukhlisin Bandung Educational Institution, In a raid, student cellphones were opened one by one, it turned out that some students kept pornographic obscene films. A statement came from a teacher at the educational institution, one of the serious problems of educators today is related to the use of gadgets by students.

The wise step that emerges then, is an effort to solve but not by stopping or prohibiting the use of gadget devices in which millennials are able to access various content. The step that is needed by every party who cares about the future of the generation is to shape the thinking ability of adolescents, instill moral values, develop knowledge insights that are able to improve their way of thinking (able to use common sense) and motivation to think and behave positively. These efforts include the cultivation of Islamic ethical values, namely balance, the ability to find a middle ground between two extreme poles that are opposite between completely prohibiting and / or too liberating, with the help of insight and common sense as a counterweight to the two poles of thought and behavior, this value can determine the coping ability of adolescents to a pressure both internal and external. This is what the counselor teacher at the school does. With the values of Islamic ethics taught, students can choose the best coping for themselves, giving rise to conscious behavior, not trapped and complacent. Addictive behavior is generally due to people getting carried away by something pleasant, then being blinded and feeling at home, happy and always wanting to repeat the pleasure. Islamic ethical values can initiate saving attitudes and actions because they are related to beliefs, a person can be able to contemplate, discuss, read books, multiply prayers and dhikr.

The problems and solutions pursued by Almukhlisin Educational Institution above led to case study research conducted at the place. The research uses a case study method with a qualitative approach to several students or adolescents who experience problems in their daily lives. The problems that occur are related to the habit of using

gadgets.

Reinforcement of this research, some previous studies include: Rahim and Sulaeman (2022), social media commonly used by seventh grade students at Padang State University Laboratory Junior High School such as WhatsApp, Instagram, TikTok and YouTube have a negative effect on student behavior, including disrespectful language, bullying, forgetting time, and a decreased social sense. Nicky Norjana et al (2022) Vlog content in the form of a video "nom-noman tak version of Tretes" is visualized with images of teenage style trends that are considered current, describing today's teenage dating trends, to the trend of visiting Tretes localization. The negative content contained in the vlog is consumed by social media users, especially the younger generation. The results of this study show: First, the vlog content has worsened the bad image of Tretes in the eyes of the public because of the problem of prostitution, plus the high level of juvenile delinquency. Second, the action of uploading videos with negative content causes a bad influence on adolescents such as the occurrence of narcotics cases and underage prostitution.

This study aims to describe the problem profile of the ethical crisis in adolescents as a result of negative social media content and the solutions applied in the Islamic guidance and counseling approach to problematic adolescents at Al- Mukhlisin Educational Institution Bandung.

THEORETICAL FOUNDATION

The Problem of Ethical Crisis in Adolescents

Ethical crisis can be identified in the form of behavioral deviation. The occurrence of an ethical crisis can be explained as a person knowing the good value or bad value of an act, but the good and bad values are not able to be used as guidelines and guidelines in his life. Cognitively, he has a lot of knowledge about morals, but when he has to realize the value of goodness or avoid bad values, he seems to experience obstacles, there are difficulties. This is what happens to millennial behavior. Theoretically, ethics is defined by Ahmad Amin as what humans should know and what they should do in the context of human interactions. What must be done and what must be carried out certainly refers to the norms of both religion and customs. Both knowledge and experience should be a unity. It is bad when people know the virtues of something but they do not want to carry it out (Ahmad Amin, tt). In practice, ethical behavior is influenced by many factors, in addition to the lack of knowledge, the powerful influence of the urge for pleasure and enjoyment. The culture of hedonism and consumerism will be able to turn a person away from the necessity of his attitude and behavior. Hedonism is able to defeat the urge for goodness not only in people without knowledge but also in those who have knowledge, even those who have moral and moral knowledge.

The ethical crisis in adolescence appears in the form of deviant acts (religious language maksiat), the intensity continues to increase, because it is supported by two conditions. Internally, adolescence is a phase of growth, biologically the sexual organs are already functioning, the urge for pleasure and delicacy and curiosity begins to tempt a lot. This biological growth will be followed by other developments including social relationships. Sometimes adolescents are free to channel their biological desires and urges with no burden, but this will be considered contrary by the environment, and certain adolescents are ignorant and do not care about the demands of the environment; there are times when adolescents feel guilty about fulfilling their delicacy desires; and there may also be adolescents who survive with all their might to live a life that is in harmony with

the demands of morals and religion.

In the external sphere, the condition of adolescents is hit by a flood of information spread through advances in communication technology. This century is often referred to as the digital century, industrial revolution 4.0 and even 5.0. Teenagers are faced with new challenges. Not only from the positive side of the use of technology, but not least from the negative impact. Here, the focus of the study is more on the excesses that are not small for teenagers. Vulgar content that resembles a mind virus spreads through social media whatsapp, youtube, instagram, facebook, and so on. Richard Brodie mentioned that some deviant behaviors of teenagers are influenced and shaped by what they get from contemporary media. According to Richard Brodie (1996), the powerful influence of the media can be compared to the work system of the mind virus. In the theory he developed, humans are designed and programmed by mind viruses that spread due to communication. Some viruses can infect humans such as television, pop songs, marketing techniques, religious education and even chatting with friends; then reading newspapers, listening to the radio, hanging out with friends and chatting. The virus of reason that has taken hold of some minds is turning attention away from what has been held. Religious sects control the thoughts and feelings of their followers and encourage them to behave in strange ways. Television advertisements spread the spores of the mind virus that grows stronger and possesses the mind, directing and encouraging people to shop. The uncontrollable spread of the virus of reason is particularly gripping in the case of children, starting in the urban centers and spreading to remote areas in a flash. The mind virus infects children, leading them to despair, getting pregnant out of wedlock, getting involved in gang fights. Many children seem to have lost their values and live without purpose (Richard Brodie, 1996).

However, if one has solid principles, no matter how strong the external test is, one will be able to face it successfully. A person is influenced by three circumstances that resemble a triangular building. Each point consists of the environment, behavior and personality. No matter how strong the influence of the environment, if the person has a strong principle of life, the environmental factors will not be able to give a bad color to his behavior. Conversely, if his personality is weak, due to lack of knowledge of values (the virtues and bad consequences of an action) then his personality will be easily swayed by bad influences.

Effectiveness of Islamic Guidance and Counseling

The best guidance and counseling regardless of the approach is effective guidance and or counseling. According to David Brooks (2007), the effectiveness of a guidance and counseling service can be seen in two aspects, first on the process side and second on the results, namely the development or change of both thoughts, feelings and behavior after getting a commitment through guidance and counseling. Effective Islamic counseling guidance is influenced by several factors, at least the effectiveness is determined by the qualifications of the counselor / supervisor, the readiness of the guided, the accuracy of techniques and methods, the clarity of the root of the problem in the counselee being handled, the time and also the room where the guidance and counseling activities take place. And specifically for guidance, the element is added with material or messages that are relevant to the needs of achieving goals.

The qualifications of mentors or counselors are said to be the determining factor for the effectiveness of guidance and counseling. Because it is undeniable that the competence of counselors/guides both with regard to personality, theoretical knowledge of symptoms

of counselee behavior and guidance and counseling, as well as counseling communication skills are the first key to successful counseling. Personality competence, among others, can be represented in readiness to listen to anything told or conveyed by the counselee during counseling, friendliness, honesty, attention, trust, politeness, are personality traits that are liked and liked by the counselee, plus a relationship atmosphere that ensures a sense of home, comfort, calm, trust for the counselee can create a conducive counseling process. Meanwhile, in terms of skills that are important for counselors to have, among others, assessment both with interview techniques, questionnaires and analysis of counselees' personal documents and counseling interventions involving a number of techniques needed. Sometimes the counselee needs advice, sometimes a model example, sometimes a book that can be read (bibliotherapy), sometimes story modeling; or techniques in group settings sociodrama techniques, game techniques, games, discussions, and others.

The readiness of the counselee is said to be a determining factor for effectiveness, because counseling and guidance activities involve the readiness of the counselee. Readiness to be present on time during guidance, readiness to listen and follow the agreed counseling session, is an important condition for success. Similarly, obeying the rules of the game, when to come back, when to accumulate tasks, when to engage in games, when to play certain roles; also rules related to habituation that must be followed.

Clarity of goals and targets of intervention is also part of the success factors of guidance and counseling the success of guidance and counseling. Goals are formulated jointly by the counselor and the counselee as well as the target of intervention. This formulation is after both have an understanding of the description of problems, complaints and needs that need to be met and created through counseling. Identifying the problem until finding what is the root of the problem, opens up insights into understanding what must be achieved in counseling, which targets must be intervened in order to improve and develop or otherwise experience a decline.

The accuracy of choosing techniques and methods is also part of the success of guidance and counseling. This is because the characteristics of the problem can be different, some are sufficient with advice techniques, some require simulation, some require rather broad insights and complete information, some require long meetings with several sessions, some are sufficient with short meetings. There are also those who need complete material with props and demonstrations. In addition, techniques and methods can be distinguished between guidance and counseling techniques. Guidance and counseling in certain moments require public speaking skills, the ability to explain with clear and systematic lighting.

The relevance of the material in guidance according to the objectives to be achieved and the harmony of the relationship in counseling, is also a part that cannot be seen as a small contribution to the success of guidance and counseling. Thus, the selection of time and place is conducive to the continuity of guidance and counseling. A quiet place, with a cool temperature and weather, and a suitable time can ensure the continuity of the guidance and counseling process.

METHODOLOGY

The research used a qualitative approach case study method at Al-Muhlisin Educational Institution Bandung. The case explored is related to a number of student behavior problems that occur due to their excessive and unhealthy habit of using digital media gadgets. This habit has resulted in the birth of a number of behavioral

problems such as bullying, rape, bad social relationships, and indecent acts. This problem is the focus of the work of guidance and counseling officers at Almuhtlisin Educational Institution who have worked to think about, formulate and implement ways to deal with a number of problems that occur at school. The data source involves four students at the school who are identified as having problems and experiences of guidance and counseling by guidance and counseling officers. Data collection was done by observation, in-depth interviews and documentation. The data collected was processed, organized, so that it became a complete and systematic building of information.

RESULTS AND DISCUSSION

Profile of Students with Ethical Behavior Problems Impact of Negative Social Media Content Social media has changed some teenagers' behavior. These changes are not the effects of using social media but also changes in lifestyle due to the presence of social media. The condition was experienced by several students at Al-Mukhlisin Junior High School in Bandung. Some of the behavioral problems identified as being caused by their habits in using social media include: social media has made students lazy to study (lack of focus in learning, ignoring school assignments, physical weakness due to frequent lack of sleep at night. Social media has also caused excessive dependence on social media (almost every time is used for chatting, gaming, browsing content that is entertaining and gives satisfaction). Social media has caused psychological disorders such as anxiety, worry and depression (thoughts and feelings haunted by news about natural prophecies, violent bullying events in a place, feeling unsafe to travel). Social media has caused misunderstandings due to dislike of the content that is always sent as it interferes with their comfort and personal interests. Social media has also caused imitative behavior, how he expresses behavior is influenced by what he has seen how to express behavior including in solving his life problems, he is trapped in drinking alcohol and committing acts of violence or bullying, there are also trapped in committing sexual harassment and rape.

Table 1 Profile of Students Affected by Social Media

No	Social Media Usage Habits	The Problem of Ethical Crisis Impacted by Social Media
1	Spending time with gadgets, having fun playing games and entertainment	Social relationships tend to be emotional, angry, and less caring. Lazy learning, academic performance is damaged, lack of respect towards parents and teachers
2	Seeing the scary news, scary events in a place and predictions	Feelings of insecurity, full of fear, and full of suspicion towards other people
3	Viewing impressions pornomedia	Sexual harassment, rape and sex deviate
4	Watch films and shows	Practicing bullying, alcoholics and

violent scene

violence

Based to several symptoms mentioned, some of them characterize the main problems among students at the Al-Muhlisin Bojongsoang Educational Institution. First, students with poor social relations skills tend to be emotional and have low learning abilities. This condition is because students waste their time playing with gadgets. Students use cellphones and open them almost all the time. Wherever he goes, wherever he is for a moment and then opens his cellphone or gadget. He only stops when he feels tired and his hands feel hot from holding the gadget for too long, or because the battery and power bank's energy supply has run out, and even then, with a disappointed tone, he is forced to stop the habit of using his gadget. He cannot be separated from his gadget.

The hobby of watching certain shows creates a sense of pleasure because certain needs, both psychological and biological, are fulfilled. This hobby can be in the form of playing games or showing pornography. Dependence on games can have an impact on a person's attitude towards the environment around him. Some possible impacts are a reduction in environmental awareness. People who focus too much on games become less sensitive to environmental issues around them. They are more interested in the virtual game world than observing or caring about the real environmental problems around them. Then pornographic displays are able to satisfy biological desires as a consequence of the functioning of the sexual organs and the growing urge to like certain scenes that are related to pleasure. Sexuality has a close relationship with imaginative pleasure and certain expressions.

Addiction to games has an impact on attitudes, including being too focused on the game and being less sensitive to environmental issues around them. Students are unable to respect their parents and teachers. Students also do not ignore their schoolwork and do not feel compelled to prepare themselves to study even though they have to take semester exams tomorrow. They do not feel like they have lost out when their test scores are bad, and they do not feel guilty about their academic achievements. Their parents' ridicule because their test scores are always bad does not worry them. The most important thing for them is that they are able to vent their pleasure by playing gadgets.

Second, students engage in bullying, alcoholism and violence. This condition is because students watch violent films and scenes too often. According to students' confessions, one of their favorite scenes is when they see a hero in a film using physical violence to resolve a conflict. The child imitates the movements and dialogue. After watching the film, the child begins to imitate the movements or dialogue of the violent film character. They pretend to be a hero who solves problems with violence. On another occasion, teenagers admitted to often watching films that depict a glamorous and exciting lifestyle, including scenes where the main characters consume alcohol freely and without real consequences. Teenagers consider drinking alcohol as normal: Repeated exposure to scenes of drinking alcohol in films has made them consider drinking alcohol as something normal and harmless.

Third, students with cases of sexual harassment, rape, adultery and deviant sex. This condition is due to the effects of porn media, especially when they are addicted. The impact of watching excessive indecent scenes and shows influences the imagination of children/teenagers to imitate them. Films that are uncensored and widely published on social media and easily accessible to anyone

including children and teenagers inspire teenagers to commit deviant acts. Cases of pregnant female students not only occur in Ponorogo as has been reported in the media but also often occur in this school. Pregnancy is a real effect that is high risk while there are also low risk ones where teenagers prefer to have deviant sex.

Fourth, students with the psychological impact of social media. Feelings of insecurity, full of fear, and full of suspicion of others. This condition is because students are exposed to bad news from social media, seeing scary news, scary events in a place and predictions. Why does all this happen? It turns out there are several causes, including: (1) Low awareness of the value of content that can damage faith and morals, (2) Low desire to remove damaging content and look for positive content, (3) Low awareness of the reality of themselves who are not yet ready and should not see negative content, (4) Not realizing the wrong behavior that they have experienced so far, (5) Low ability to control themselves and cope with the problems they face.

Islamic Counseling Guidance Approach as a Solution to the Problem of Behavioral Ethics Crisis

The Islamic counseling guidance (ICG) approach is an approach to helping individuals who experience problems in their lives. In the ICG approach, a person experiences problems due to a lack of knowledge and religious beliefs so that they are unable to grasp the meaning behind events. Various ethical crisis problems as explained, the root cause comes from the unawareness of the nature of social media which is sometimes beneficial and sometimes detrimental. The presence of social media can be a touchstone for a person's personality.

As an approach, Islamic guidance and counseling must be able to remind teenagers of the dangers of negative types of social media content, teaching the importance of instilling moral values such as belief in the truth of Islamic teachings as promised by previous prophets and maintained by pious and faithful people. , teaches several techniques to reduce or even stop bad habits, able to build new understanding and awareness in using digital media correctly. The basic religious knowledge that is important for teenagers to have includes the nature of religious teachings, the nature of life in the world, the nature of tests of enjoyment and pleasure, the nature of trials of bitterness, the nature of sinful acts that must be avoided, the nature of the impacts caused by deviant actions.

Teenage age is different from childhood, in fact, the mindset of teenagers is increasingly rational and has the ability to digest and understand well every event faced. However, what can be said when their life experiences so far are far from values and role models. Teenagers need to be approached in wise ways, invited to communicate and discuss problems that generally occur.

The ICG approach is curative for healing and improvement. This is certainly aimed at adolescents who have been categorized as deviant. Curative is an approach to improve, cure symptoms of problematic behavior. The stages include identifying and evaluating the root of the problem, formulating goals and intervention targets, choosing techniques and methods, conducting interventions, indicators of success and evaluation. Islamic counseling by combining conventional counseling approaches with Islamic teachings or combining two methods at once (mixed) such as Islamic cognitive-behavioral, self-talk, self-reflection, Islamic modeling.

In general, the problems that occur in students include: poor social relationships, promiscuity to pregnancy outside of marriage,

bullying, sexual harassment, sexual deviation, this is strongly influenced by the media content that has developed so far. Thus, the important source of the problem is controlled related to the habits of teenagers in using digital media. Teenagers have problems as mentioned because of the pattern of use that tends to be excessive and is very likely to be addicted. Whatever content is liked is not without risks that can occur. Pornographic media content can damage the way of thinking and experience addiction like drug addicts, in this case it is known as narcolema addiction. The effects of narcolema are more dangerous than drugs. The victim becomes unable to focus, has mental disorders when interacting, at a certain level it is feared that the venting is uncontrolled to people who he feels dare to do it, so even small children like to become victims.

Based on the above facts, Muslim counselors and mentors in schools develop new awareness in teenagers about how someone should use digital media, raise awareness of the dangers of excessive use of digital media, teach critical and wise attitudes in using media, and strengthen control and coping skills when using media. These

requirements are formulated as the objectives of Islamic guidance and counseling in overcoming behavioral crisis problems caused by social media.

In addition to the objectives, what is no less important for Muslim counselors and mentors is the use of the best methods, techniques and media. The method can use cognitive modification or cognitive and behavioral rehabilitation, the techniques can be in the form of story telling techniques, modeling, bibliotherapy, sociodrama, role playing, self-talk, and others. Participants in guidance and counseling are encouraged to want to learn, reflect, train themselves to be able to control themselves, be able to state wrong actions as wrong, and should not be maintained. On the other hand, those who are right dare to state that they are right and have the will to do what is right.

Some techniques that have been successfully applied include: role playing, positive self-talk and cost and benefit analysis.

Table 2. Islamic Counseling Scheme in Overcoming the Ethical Crisis of Social Media Impact

NO	Problem Identification	Intervention Target	Objectives of Guidance and Counseling	Techniques/Methods/Media of Islamic guidance and counseling
1	Character and behavioral problems characterized by poor social relationships, promiscuity to pregnancy outside of marriage, bullying, sexual harassment, sexual deviation, occur due to the strong influence of bad media habits and negative media content.	-Low awareness of teenagers in using digital media correctly -Weak critical thinking due to minimal knowledge -Low self-control	-developing new awareness in teenagers about how one should use digital media, -making them aware of the dangers of excessive use of digital media, -teaching critical and wise attitudes in using media, -strengthening control and coping skills when using media	-cognitive modification or cognitive and behavioral rehabilitation, -story telling techniques, -modeling, -bibliotherapy, -sociodrama, role playing, -self talk

In the case of handling carried out at the Almuhtlisin Educational Institution, several students experienced improvements after being handled by school counselors and mentors. Generally, they had the following characteristics: (1) students were aware of the sudden emergence of content that could damage their faith and morals, (2) students removed the damaging content and looked for positive content, (3) students were aware of the reality that it was not yet time for them to see negative content and should not see it, (4) students were aware of the wrong behavior they had experienced so far, (5) students felt the need for self-control and coping skills for the problems they faced.

CONCLUSION

Excessive and unknowing use of technology has created ethical crisis problems for teenagers and students in schools. Several students experience acute problems at the Al-Muhtlisin Bandung Educational Institution, they fall into violent behavior, free sex, sexual deviation, bad social relationships with the environment, and pregnancy out of wedlock. This problem is very complicated, especially when some of these problems have actually occurred. The counseling given to them cannot erase their bad memories. Counseling and guidance provided by school counselors by reminding them of the dangers of negative types of social media content, teaching the importance of instilling moral values such as belief in the truth of Islamic teachings as bequeathed since the previous prophets and maintained by pious and faithful people, and

teaching several techniques to reduce or even stop bad habits, are able to build new understanding and awareness in using digital media correctly only helping to develop new awareness so that problems do not continue. They become aware of their bad habits, they want improvement in their lives. The students also feel regret for their wrongdoings so far, they are committed to living a better life according to the demands and guidance of Islamic teachings.

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