



Guidance And Counseling Services For Reducing Sexual Cases: Systematic Literature Review

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Abstract

The school environment is no longer a safe and comfortable place for studying because of cases of sexual that also occur in the school environment. In line with these facts, this study aims to find out and identify the extent to which Guidance and Counseling is dealing with this problem. In the process of writing this literature review, the study material used by the author included several journal references from Google Scholar with search results totaling 319 journals with keywords such as guidance and counseling, school environment systematic, sexual, which had been published in the 2019-2023 period. So, in writing this literature review, the author determined 6 national journals that were appropriate to the topic to be researched. The results of the research obtained from 6 journals studied indicate that there are still many problems related to sexual in the school environment and guidance and counseling services in schools have attempted to overcome and prevent cases of sexual with the curative and preventive services provided.

Keywords: Guidance and Counseling, School Environment Systematic, Sexual

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1. Introduction

School is the second environment for individuals after the family. This is in line with what was stated by (Wahid et al., 2020) that the main educational environment after the family is the school environment where in this school environment children are taught to grow and develop and are able to fulfill their





developmental tasks. Thus, it is appropriate for the school environment to provide a feeling of comfort and security for each individual so that they can grow through each period of their development. The developmental period is a period when an individual experiences changes in various aspects of himself and changes in the demands of the environment around him. With the various changes that accompany each period of development, each individual will of course find many problems and challenges that they will face. Challenges and problems can come from within or outside the individual, such as coming from the school environment. As explained above, school as a place where students are taught and helped to grow and develop, apparently does not always run smoothly. There are many problems that occur in the school environment which can cause individuals to become unsafe in pursuing education at school. One of these problems is sexual.

Sexual violence or sexual is an action that leads to negative or indecent treatment with sexual connotations that makes the victim feel oppressed, coerced, pressured and so on to the detriment of the victim (Banarjee, 2020). Sexual is any form of behavior that has a sexual nature that is not expected by the victim and can result in physical or psychological disturbance or injury to the victim (Soares & Setyawan, 2023). According to the (World Health Organization, 2021) violence against children is abuse or inappropriate treatment of children in the form of physical, emotional, sexual harm through neglect of care and exploitation which can affect the health, survival, dignity or development of the child.

Based on the expert opinion above, it can be concluded that sexual is behavior or attention that leads to a sexual context with an object called the victim. This action is experienced by the victim who does not expect and does not want this situation to occur and results in disturbing or physically and psychologically injuring the victim of. Sexual includes coercion to engage in sexual activity, derogatory statements about sexual orientation or sexuality, requests to perform sexual acts that the perpetrator prefers, and remarks or behavior that have a sexual connotation. Sexual can happen to both men and women, at any age and in any





place. One of them is for students from kindergarten, elementary school to high school/vocational level.

This is proven by the recording of 51 cases of sexual violence that occurred in the education sector in the period 2015 to mid-2020. However, these records are only cases that were uncovered and successfully reported to the authorities. It is suspected that the number of cases is only the tip of the iceberg of sexual cases that occur in the educational sphere in real terms which are not reported (Franciscus Xaverius Wartoyo & Yuni Priskila Ginting, 2023).

Looking at the facts above, a handling and prevention effort is needed from the school so that the increase in this case can be suppressed. Guidance and Counseling is considered the most important part in this matter. In accordance with Minister of Education and Culture Regulation 111 of 2014, the general aim of Guidance and Counseling is to provide assistance to students/counselees to achieve maturity and independence in their lives and carry out their development tasks completely and optimally, both in the personal, social, learning and career fields (Minister of National Education Regulations Concerning Internal Supervision Units (Permendikbud, 2014). The services provided in Guidance and Counseling also consist of preventive (prevention) and curative (alleviation) services, which means that Guidance and Counseling plays a very important role in overcoming the problem of sexual violence which is rampant at the high school level. The service components provided consist of basic services/guidance curriculum, individual specialization and planning services, responsive services and system support. Each component has its own type and service technique. For example, group counseling is a type and technique of the responsive service component.

The role of guidance and counseling is implemented in the form of services provided to students. There are several services that can be provided by guidance and counseling teachers. These services can be curative services (problem alleviation) which include group counseling and individual counseling services, as well as preventive services (problem prevention) which include information services, group guidance services and classical guidance services (Apriliana, 2018).





Each service is carried out using a variety of methods, techniques and approaches that are in accordance with the competency of the guidance and counseling teacher. The implementation of each service also involves other school components such as the principal and subject teachers, and for a certain time if the case being handled is felt to have exceeded the capabilities of the guidance and counseling teacher, the service can also be transferred to a party with more authority and competence to help students. Thus, in line with the increasing number of cases of sexual that occur among students in the school environment, guidance and counseling can be an effective strategy and solution to increase students' understanding and awareness and as a step in alleviating the problem of sexual that occurs in the environment school.

2. Research Method

This type of research is a literature study or literature review. Literature review which contains studies regarding theoretical descriptions of research results or findings that discuss guidance and counseling, school environment systematic, sexual,. Where the method used in this writing uses the systematic mapping study method which has been previously established. The literature study used in this research is limited to guidance and counseling, school environment systematic, sexual.(Nursalam, 2019) In the process of writing this literature review, the study material used by the author included several journal references from Google Scholar with search results totaling 319 journals with keywords such as guidance and counseling, school environment systematic, sexual, which had been published in the 2019-2023 period. So, in writing this literature review, the author determined 6 national journals that were appropriate to the topic to be researched.

3. Results And Discussions

a. Resulths

From this study regarding guidance and counseling, school environment systematic, sexual, the results obtained from the findings of 6 journals were in line with research.

No	Author	Design	scala	Resulth
1	(Syani &	one	a self-protection	that sexuality education training is effective in





No	Author	Design	scala	Result
	Nurwardani, (2019)	group pretest posttest design	scale and education module sexuality compiled	an increasing knowledge of self protection from sexual harassment participants in junior high school X Sleman.
2	(Sholikhah, 2023)	qualitative methods	scale and education module sexuality	an Education about sex is not only limited to formal environments, such as schools and colleges, but can also occur outside the classroom, such as through social interactions, daily life, and independent learning.
3	(Wulandari & Suteja, 2019)	Qualitative methods	Sex education	In conducting sex education counseling, a counselor can carry out counseling activities using information services. Information service counseling Of course, this is done through group counseling. Group counseling is a assistance to individuals in group situations that is preventive and curative, and is directed at providing convenience in development and its growth
4	(Mariyona, 2020)	Purpose sampling and qualitative content analysis with a collaizi approach.	Sex education	Guidance and counseling activities are a form of conveying information about sexual violence against teenagers and its impacts, so that teenagers understand the prevention efforts that can be taken
5	(Nafis et al., 2021)	research and development methods	model Research and Development oleh Borg and Gall	The results of the material expert test assessment showed a feasibility presentation value of 3.7 included in the very worthy category. The results of the media expert's assessment provide an assessment in the form of a feasibility presentation of 3.93 which is included in the very feasible category. results prospective users provide an assessment in the form of a feasibility presentation of 3.75. If concluded, the average assessment results of expert tests, media tests and potential users are included in the very worthy category.
6	(Safriyana &	a quantitat	Sex education	Based on the results obtained by the results of the t test of -11.603 and the p value of 0.000 <0.01 thus





No	Author	Design	scala	Result
	Maulia, 2019)	ive pre-experimental method with a pre-test post-test one group design		there is a very significant difference between the post-test results of 77.79> the results of the pre-test 64.52 with an increase of 13.27

b. Discussions

Based on the results of 18 selected journal articles, several forms of sexual were found that could occur to students, including: 1) Sexual violence, 2) Verbal sexual, 3) Non-verbal sexual, 4) Perpetrated sexual by peers, 5) Sexual perpetrated by upperclassmen, 6) Sexual perpetrated by adults on students, and 7) Premarital sexual perpetrated by students. In line with this, it indicates that currently there are still many concerns, many have even experienced cases of sexual among students. If cases of sexual are not immediately prevented and resolved, this will have an impact on teaching and learning activities, growth and development of students. (Stefanidou et al., 2020) stated that if the problems experienced by individuals are not resolved immediately, it will give rise to negative feelings in the individual, such as feelings of failure, guilt, feelings of inadequacy, and feelings of inferiority. Based on the results of this journal article, researchers also found that one of the factors causing sexual that occurs among students is due to a lack of knowledge about this topic. Due to this, the role of guidance and counseling teachers in schools is needed to help and guide students who experience anxiety and even trauma due to the issue of sexual cases, to find a way out through prevention and healing.

Researchers also found that the problem of sexual occurred in students at the elementary school, junior high school and senior high school levels. However, you also need to be aware that cases of sexual can be experienced by anyone, regardless of the type and level of education being pursued.





The service strategy used to prevent and overcome the problem of sexual in schools is through classical guidance and counseling, group counseling, individual counseling, group guidance and information services. To be able to maximize the services provided, BK teachers also use several techniques in their service approach such as:

a) Rational Emotive Behavior Therapy Counseling, b) Client Centered Counseling, c) Cognitive Behavioral Therapy Counseling, d) Reality Counseling, e) Role Playing Techniques, and f) Contextual Teaching and Learning. The service strategy provided by guidance and counseling teachers can be effective if students realize how important the topic of service provided is as a preventive or prevention effort. There are not only preventive efforts, but also curative efforts or solutions themselves. Curative efforts are certainly needed students' willingness to show progress in a better direction so that the guidance and counseling services provided can provide maximum results.

4. Conclusion

Based on the results of the analysis of journal articles carried out by the author which were published in 2001-2021, there are several forms of sexual in schools, including: 1) Sexual violence, 2) Verbal sexual, 3) Non-verbal sexual, 4) Sexual perpetrated by peers, 5) Sexual perpetrated by upperclassmen, 6) Sexual perpetrated by adults on students, and 7) Premarital sexual perpetrated by students. To prevent and solve the problem of sexual in schools, school counselors have several services, namely through classical guidance and counseling services, group counseling, individual counseling, group guidance and information services. To be able to maximize the services provided, BK teachers also use several techniques in their service approach such as: a) Rational Emotive Behavior Therapy Counseling, b) Client Centered Counseling, c) Cognitive Behavioral Therapy Counseling, d) Reality Counseling, e) Role Playing Techniques, and f) Contextual Teaching and Learning. The SLR method can be used to identify forms of sexual that can occur among students at school as well as guidance and counseling services that can be used as an effort to prevent and alleviate this problem.

5. Compliance with ethical standards





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Disclosure of conflict of interest

All authors of this article declare that there are no competing interests.

Statement of informed consent

Every action we take as authors is a mutual agreement or consent.

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