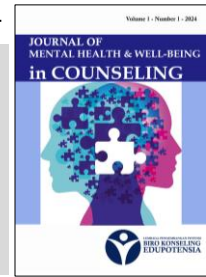


EDUPOTENSIA
FOUNDATION

Journal of Mental Health and Well-Being in Counseling

E-ISSN: XXXX-XXXX

Journal homepage: <https://journal.edupotensia.org>

Reality Counseling to Reduce Students' Cybersex Addiction Behavior: Protocol Guide

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Article Info

Article history:

Received August 12th, 2024Revised September 12th, 2024Accepted October 12th, 2024

Keyword:

Cybersex, Reality Counseling, Protocol Guide

ABSTRACT

The turbulent sexual development of adolescents and their high curiosity about sexuality lead some teenagers to choose cybersex to satisfy their sexual desires. Cybersex is a behavior performed for sexual pleasure through media with internet connections stored in gadgets or computers, making it easier for some teenagers to access sexual content. Therefore, guidance and supervision from family, peer groups, schools, and school counselors are needed to provide information and help plan a better self-concept. Cybersex also has three categories: high addiction, moderate addiction, and low addiction. This behavior can result in emotional, social, and addiction-related disturbances that hinder development. Reality counseling is a service focused on current behavior. The WDEP method (Wants, Direction, Evaluation, Plan) helps students understand their behavior, control sexual impulses, and make healthier decisions by emphasizing individual responsibility and focusing on the present condition. It is expected that this service will improve students' self-control and reduce cybersex addiction.



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Introduction

A new revolution has transformed human thinking and ways of life, starting with the development of electronic technology, computers, and especially the rapid development of the internet, known as the "World Wide Web." During this period, technological advancements have brought significant changes to various aspects of life, including how individuals interact and access information (Jerome, 2000). One of the negative phenomena that has emerged is cybersex addiction, an activity involving the consumption of pornography, erotic communication, and other online sexual practices. This activity can have serious consequences on the mental, social, and emotional health of individuals, particularly among teenagers, who are in a critical developmental phase (Cooper, 2002).

According to Goldberg (2004), the number of individuals using the internet for cybersex activities has increased in recent years. This has a serious impact on the users' sexual urges, as the availability of sex on the internet often makes it difficult for them to control their desires. Online sexual practices can have further negative consequences, such as prostitution, internet crime, child abuse, and pornography. Some individuals misuse the internet, which affects their mental health, one example being the use of the internet for cybersex activities,

which can lead to criminal behavior in a covert manner. This phenomenon is found not only among adults but also among teenagers.

Teenagers are a group that is particularly vulnerable to the negative influences of the internet, especially in terms of self-control and information selection. Curiosity, emotional needs, lack of parental attention, and peer influence are factors that often cause them to be drawn to sexual content. As a result, cybersex addiction can have various negative consequences, such as social dysfunction, emotional development disorders, and involvement in deviant sexual activities such as sexual harassment, prostitution, and cybersexual crimes (Christianity, 2020). This phenomenon is becoming a growing concern because teenagers tend to have low self-control and easy access to the internet, which results in negative impacts on their lives both online and in their surroundings.

According to Griffiths (2001), there are three main categories of cybersex users: recreational users, at-risk users, and compulsive users. Recreational users typically access content for entertainment, while compulsive users show dependency that disrupts their social and psychological functions. Understanding these categories is crucial for determining the appropriate level of counseling intervention based on the level of addiction experienced. The factors influencing cybersex addiction in teenagers are diverse and complex. The Triple-A Engine concept (Cooper, 2002) includes three main factors: Accessibility, Affordability, and Anonymity. Teenagers can access pornography content without restrictions at any time, and anonymity on the internet allows individuals to explore without fear of being recognized or judged by their social environment.

Internet addiction impacts both physiological and social aspects. Consuming pornography content can lead to dependency that triggers the release of chemicals in the brain such as dopamine, oxytocin, and serotonin, which creates pleasure and strengthens addiction. This indicates that cybersex addiction can have a more significant physical impact than drug addiction such as cocaine. Therefore, it is crucial to comprehensively address the phenomenon of cybersex addiction, especially among teenagers who are in the process of identity formation.

According to Ybarra and Mitchell (2005), exposure to pornography content in teenagers has a direct correlation with an increased risk of involvement in cybersex activities. This study shows that teenagers exposed to pornography are more likely to engage in harmful behaviors on the internet, including cybersex activities. Additionally, according to Wardani, et al., (2023), if not addressed properly, cybersex addiction can have long-term psychological effects. Victims of such addictive behavior often experience mental health issues, such as depression and anxiety, which can affect their social and academic life. Cybersex relationships can also become a new form of sexual harassment (bullying) in cyberspace, where teenagers become victims of peer pressure or online manipulation. Counseling can help improve focus and self-confidence, which helps them recover psychologically (Wardani, et al., 2023).

Guidance and counseling are among the efforts that can be applied to address this issue, with various approaches tailored to the needs of individuals. Among the approaches available, reality counseling is considered effective in reducing cybersex addiction behavior. This approach focuses on individual responsibility, interpersonal relationships, and practical solutions that are oriented toward the present. Reality counseling helps individuals evaluate their current behavior and design a plan for more positive changes (Glasser, 1965).

Reality counseling uses an approach that focuses on the present, emphasizing that past issues are only relevant insofar as they affect current behavior. In the counseling process, the counselor does not act as a "detective" seeking the root cause of past issues but as a guide who encourages the counselee to focus on solutions and responsibility. Glasser and Zunin (1973) highlight four essential pillars in reality counseling: a strong relationship between counselor and counselee, clear behavior change planning, the counselee's commitment to change, and the rejection of excuses that hinder the counseling process.

Previous research conducted by Amriana & Munir (2018) showed that reality counseling can be applied through organized steps, including counselor involvement, intervention planning, and success evaluation. This method has proven effective in reducing negative behaviors and making individuals more responsible for their own choices. Thus, guidance and counseling can be solutions to overcome cybersex behavior.

School counselors can provide services to students by offering reality counseling to help reduce cybersex behavior. Reality counseling is an interactive counseling and psychotherapy approach focused on current behavior and has been successfully applied to various cases. This approach uses questioning techniques by the counselor, who acts as a teacher and model, confronting the counselee with ways to help them face reality and

meet basic needs without harming themselves or others (Palmer, 2011). Reality counseling also helps individuals accept personal responsibility, which is an essential part of their mental health condition.

Discussion

Cybersex

Cybersex is a part of Online Sexual Activity (OSA) that involves using the internet to achieve sexual satisfaction. This activity encompasses various forms, such as accessing pornographic content, participating in virtual sexual conversations, and engaging in sexually explicit video calls. According to Harmaini (2018), cybersex is a form of sexual expression accessed through digital media. Cooper (2002) defines cybersex as activities such as viewing erotic images, exchanging sexually explicit messages or emails, and accessing media content with erotic elements. The popularity of cybersex is largely due to the convenience offered by the internet, allowing individuals to explore their sexual fantasies anonymously without the physical or social risks typically associated with real-life sexual interactions (Maheu, 2011).

There are several forms of cybersex. The most common is accessing pornography, where individuals watch videos, view images, or read erotic stories online. Another form is chat sex, in which two or more individuals exchange explicit and erotic messages via instant messaging platforms (Muttaqin, 2009). Additionally, phone sex involves engaging in erotic conversations over the phone, where individuals create a sexual atmosphere through their voices (Amila & Utami, 2014). Video call sex is a more intense form of cybersex, involving visual interaction where individuals expose their bodies or perform sexual acts in front of a camera, providing a more realistic experience (Mutaqin, 2009).

Several factors drive individuals to engage in cybersex. According to Cooper (1997), three primary factors are accessibility, affordability, and anonymity. The internet provides easy access to sexual content at any time, often at a low cost, without revealing the user's identity. This anonymity allows individuals to explore their fantasies freely without fear of judgment. Additionally, Schwartz and Southern (2000) note that psychological factors such as boredom, loneliness, and stress often lead individuals to seek sexual entertainment online. Social and environmental factors also play a role, particularly when there is a lack of sexual education or parental supervision. Young and Rodgers (1998) emphasize that adolescents who lack proper guidance are more likely to use the internet to satisfy their curiosity about sexuality.

The impact of cybersex on adolescents is significant, particularly in psychological and social aspects. Cybersex addiction can lead to mental health issues such as depression, anxiety, and sleep disturbances (Wery & Billieux, 2017). Feelings of guilt or shame arising from this activity often exacerbate their mental condition. Moreover, involvement in cybersex can isolate adolescents from their social environment. They tend to withdraw from real-life interactions, focusing instead on the virtual world, which hampers the development of social skills. In terms of morality, continuous exposure to sexual content may lead adolescents to perceive unhealthy sexual behaviors as normal, affecting their future relationships (Doring, 2009). The risk of involvement in sexual crimes also increases, as content shared online can be exploited or used for blackmail.

Furthermore, cybersex addiction can have broader social consequences. Individuals engaged in this activity may face societal stigma, leading to social isolation. They are also at risk of experiencing stress, depression, and even psychological trauma, especially if their activities become public or are exploited. Pressure from the social environment, without understanding the individual's background, often worsens the situation. Therefore, a holistic approach is necessary to address this issue, including comprehensive sexual education at home and school and professional interventions such as counseling. With the right understanding and strong support, individuals struggling with cybersex addiction can be helped to break free from this negative cycle and build healthier mental and social lives.

Cybersex addiction can significantly impact personal relationships and family dynamics. It often leads to emotional detachment, trust issues, and a decline in intimacy, especially in romantic partnerships. Partners may feel betrayed or neglected, which can lead to conflicts or even separation. Additionally, there are serious legal and ethical implications associated with certain cybersex activities, such as sharing explicit content without consent or involving minors, which can result in severe legal consequences. Understanding these risks helps individuals make more responsible decisions about their online behavior.

Research suggests that men and women engage in cybersex for different reasons. Men are typically drawn to visual stimuli like pornography, while women often seek emotional connections through chatting or video calls. Recognizing these gender differences can inform more targeted and effective interventions. Furthermore, rapid technological advancements, such as virtual reality (VR) and artificial intelligence (AI), are expanding the

scope of cybersex. While these innovations offer new forms of interaction, they also increase the potential for addiction and exploitation.

Preventive measures and education play a crucial role in addressing cybersex addiction. Implementing digital literacy programs and encouraging open discussions about online risks can help mitigate these dangers. Schools and parents are essential in educating adolescents about healthy internet use and the consequences of engaging in cybersex. Support systems, such as peer support groups and professional counseling, are vital for those struggling with addiction. Specialized rehabilitation programs that address the psychological and emotional aspects of cybersex addiction are also necessary to promote recovery.

Based on research conducted by Arumsari, et al., (2022), CBT counseling can reduce cybersex behavior among high school students by addressing several aspects, such as compulsive online sexual behavior, socially interactive online sexual behavior, isolated online sexual behavior, and online sexual expenditure. The intervention focuses on reducing these behaviors from high levels to lower categories. As a result, students can regain self-control and effectively reduce their cybersex addiction.

In conclusion, the treatment of cybersex addiction requires an approach that encompasses various aspects, including psychological, social, and technological factors. Society can help individuals face the challenges of cybersex responsibly and build healthier relationships, both online and offline, by raising awareness, providing comprehensive education, and ensuring that support services are easily accessible.

Reality Counseling Protocol Guide to Reduce Cybersex

Reality Therapy is a counseling method created by William Glasser in 1965, focusing on individual responsibility and choices in addressing life's problems. Unlike other psychotherapeutic approaches that emphasize the past, reality therapy centers on the present and how individuals can change their behaviors to achieve more positive goals. Reality therapy asserts that every person has the freedom to choose their path in life, meaning that individuals have the ability to choose better behaviors, especially when facing problems like cybersex addiction. This holds true even when external factors or past experiences may influence a person's current condition. Believed that everyone has the ability to change and enjoy their life, as long as they are willing to take responsibility for the decisions they make (Glasser, 1965).

The main concepts in reality therapy include personal responsibility, fulfillment of basic needs, behavior as a choice, focusing on the present, and developing a success identity. Personal responsibility emphasizes that individuals must take responsibility for what they do and how they feel. According to Glasser (1965), while a person's past or environment can influence them, they still have full control over their situation by making healthier choices. There are five basic human needs that must be fulfilled to live: survival, love and belonging, power, freedom, and fun. Reality therapy aims to help individuals addicted to cybersex find more positive and constructive ways to meet these needs.

Reality therapy views behavior as the result of individual choices. Glasser emphasized that people can still choose to change their behavior, even if cybersex addiction has become a habit. This therapy focuses on the present state rather than past mistakes. According to Glasser (2001), the past is only relevant insofar as it influences our decisions and actions in the present. Therefore, reality therapy helps clients think about current solutions and act accordingly. Reality also stresses the importance of developing a success identity so that individuals can live healthier and more fulfilling lives.

According to Corey (2005), there are several important characteristics of reality therapy. First, this therapy emphasizes choice and responsibility. Clients are informed that they are responsible for every decision they make. This does not mean blaming them, but rather encouraging them to take responsibility for their actions. Second, reality therapy rejects the idea of transference. This means that the counselor interacts with the client authentically, rather than acting as an authority figure, such as a parent. Third, the focus of counseling is on present actions; past mistakes are not considered relevant unless they impact present decisions (Glasser, 2001). Fourth, reality therapy does not concentrate on symptoms. When a person finds happiness and takes responsibility for their decisions, symptoms will disappear. Lastly, conventional concepts of mental illness are challenged by reality therapy. Glasser (2003) argued that traditional psychiatry focuses too much on diagnosis and medical treatment, as he believed that many individual problems stem from chosen behaviors rather than brain disorders.

Reality therapy is a structured process that helps individuals identify and address their issues. The first step is exploring wants and needs. The counselor helps the client understand what they are seeking in life and what they desire through specific behaviors, such as engaging in online sex. Next, the client is asked to reflect on their current behavior to see if it is bringing them closer to or further from their goals. Afterward, the counselor and client assess the consequences of the actions and create an action plan to achieve those goals in a healthier and more responsible way. According to Glasser (1965), the core of this approach involves self-awareness and responsibility for one's life choices. Due to its focus on behavior change and individual responsibility, reality therapy is highly effective in treating cybersex addiction.

This therapy teaches individuals that they have full control over their lives and the ability to make healthier choices to fulfill their needs without relying on destructive behaviors. The WDEP model (Want, Direction, Evaluation, Planning) is used by counselors to help clients evaluate their life goals and plan more positive behavior changes. This approach helps individuals stop their cybersex addiction and learn healthier ways to cope with issues and meet their needs.

The WDEP model helps clients in reality therapy understand and change their behavior in healthier and more responsible ways. William Glasser is the original creator of this concept, and Robert E. Wubbolding further developed it in 1988. The model consists of four main steps: Want, Direction and Doing, Evaluation, and Planning. Each step plays a vital role in helping the client change their behavior positively, especially in reducing cybersex addiction.

In the WDEP model, the first step is Want. At this stage, the counselor helps the client identify what they truly want in life and how these desires relate to their current behavior. Every human action is motivated by the desire to fulfill one of five basic needs (Glasser, 1965). These needs are survival, love and belonging, power, freedom, and fun. A client addicted to online sex may be seeking satisfaction or validation through this activity. The counselor will ask questions like, "What are you seeking from this behavior?" or "Is there a healthier way to fulfill those needs?" By exploring their wants in-depth, the client can realize that cybersex only provides temporary satisfaction and does not truly meet their long-term needs.

In the second step, we focus on Direction and Doing. Here, the counselor helps the client evaluate their current actions and how these actions are affecting their life. This stage focuses on the client's present behavior rather than the past, according to Wubbolding (1988). The counselor will ask questions like, "What are you doing right now to achieve your goal?" or "Is this action bringing you closer to your goal?" In the case of cybersex addiction, the counselor helps the client recognize that their current behavior is not aligned with their long-term goals, such as building healthy relationships or improving mental well-being. This process encourages the client to reflect on their current behavior and consider more constructive actions.

The third step is Evaluation, where the counselor and client evaluate whether current behavior is helping them reach their goals. According to Glasser (2001), the purpose of this evaluation is to raise the client's awareness of the consequences of their decisions. The counselor asks questions like, "Is this behavior really helping you?" or "How do you feel after engaging in this behavior?" The client involved in cybersex is encouraged to consider the negative impacts of this habit, such as feelings of guilt, social isolation, or decreased productivity. Honest evaluation helps the client realize they have the ability to change unproductive habits into more positive and healthy choices (Harmini, L. 2018).

Planning is the final step in the WDEP model. In this stage, the counselor and client work together to create a concrete and realistic action plan. This plan must be specific, achievable, and focus on changing behavior. The plan should be flexible (Wubbolding, 1998). Reducing time spent engaging in cybersex, finding healthier activities as substitutes, or joining a support group are strategies that can be used to address internet addiction. Throughout the change process, the counselor ensures that the client understands and commits to implementing the plan.

Using the WDEP model, the client is encouraged to take responsibility for their decisions and focus on practical solutions. This approach instills the awareness that they have control over their lives and the ability to make healthier and more beneficial changes. In treating cybersex addiction, the WDEP model provides a clear and practical structure that allows the client to thoroughly evaluate their behavior and plan tangible steps toward recovery. In conclusion, reality therapy helps individuals overcome internet addiction and take control of their lives by focusing on the present and offering practical solutions that can be applied in daily life.

Guidance and counseling services consist of four main types: basic services, responsive services, individual planning, and system support. Responsive services, such as counseling, assist individuals in addressing specific issues like cybersex addiction (Yusuf & Nurihsan, 2008). Reality counseling emphasizes

individual responsibility for their actions, feelings, and thoughts (Glasser, 1965). This approach highlights the importance of self-control, Haryanti (2001), is a crucial internal component for overcoming cybersex behavior.

Self-control comprises three key components: Behavioral control refers to the ability to regulate actions and take responsibility for decisions. Stated that good behavioral control helps individuals respond appropriately to various situations (Lazarus, 1991). Cognitive control involves filtering harmful information and understanding the consequences of certain behaviors. Adolescents with strong cognitive control are less likely to be influenced by pornographic content that triggers cybersex behavior. Decision-making control means making choices aligned with one's values and life goals. Effective decision-making control helps individuals avoid impulsive actions and plan more beneficial steps (Tifani, 2014).

Reality counseling helps individuals overcome cybersex addiction by fostering a sense of responsibility and self-respect. This approach also emphasizes building trust and friendship as foundations for a positive mindset, guiding individuals toward healthier and more meaningful lives.

Conclusion

Reality counseling emphasizes personal responsibility and present-focused solutions to help individuals overcome cybersex addiction. The WDEP model (Want, Direction, Evaluation, Planning) guides individuals in identifying their needs and assessing whether their current behaviors, such as engaging in cybersex, contribute to achieving healthier life goals. This approach encourages rational decision-making and the creation of practical action plans for positive change.

By promoting self-control and conscious decision-making, reality counseling supports recovery by replacing destructive habits with healthier behaviors. This process not only aids in overcoming addiction but also helps individuals build more meaningful and fulfilling lives.

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