



Islamic Counseling in Handling Domestic Violence Cases in Sleman Regency

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ABSTRACT

Domestic violence is a violent act committed by one family member against another. It can be physical, emotional, sexual, or psychological. Domestic violence often occurs within the home and can include beating, verbal abuse, forced sexual intercourse, financial control, and intimidation. Domestic violence has a serious impact on the physical and mental welfare of the victim and can affect the whole family, including children. Preventing and handling domestic violence includes legal support, social services, and community education on the importance of healthy and respectful relationships. Domestic violence is a serious problem affecting many families in Indonesia, including in Sleman. This research aims to evaluate the effectiveness of Islamic counseling approach in handling domestic violence cases in Sleman. The research method used was a qualitative approach with in-depth interviews with 15 participants who participated in the Islamic counseling program, and counseling session participant observation. The results showed that the Islamic counseling approach significantly assisted victims of domestic violence to understand their roles and responsibilities in the family, reduce conflict, and improve their relationship with their partner. In addition, it also provided spiritual support that strengthened participants' mental and emotional resilience. The research concludes that Islamic counseling is effective in overcoming domestic violence and suggests a wider application of this approach and the necessity for further research to explore the factors that affect the success of counseling.

Keywords: Domestic Violence, Effectiveness of Treatment, Islamic Counseling

INTRODUCTION

Domestic violence is a serious and complicated social problem, affecting many families around the world. In addition, domestic violence is defined as an act of violence committed by one family member against another family member within the household. This violence can be physical, emotional, sexual, or psychological (Iskandar, 2016). Forms of domestic violence include beatings, verbal humiliation, forced sexual intercourse, economic control, and intimidation. Domestic violence not only affects the victim physically but can also cause deep emotional and psychological trauma. Furthermore, in article 5 of Law No. 23/2004 on the Elimination of Domestic Violence, acts of domestic violence can be classified as follows:

1. Physical Abuse: Hitting, kicking, slapping, or other actions that cause physical injury.
2. Emotional/Psychological Abuse: Humiliation, threats, manipulation, or behavior that damages the self-esteem and mental health of the victim.
3. Sexual Violence: Forced sexual intercourse without consent, sexual harassment, or other forms of sexual exploitation.
4. Economic Violence: Control of the victim's access to financial resources, economic manipulation, or any behavior that makes the victim financially dependent (Khaira et al., 2022).

In Indonesia, including in Sleman, domestic violence is often a concealed issue that is difficult to expose in public. Recent data shows an increase in domestic violence cases in this area, which adversely affects the mental health and the family welfare.

The research conducted by Alimi & Nurwati (2021), the research explained that these acts of violence have a psychological impact on women victims of domestic violence. One of the handling efforts is the fulfillment of rights for women victims of domestic violence. Understanding the culture of equality is needed in the life of a couple, family, and society. The government and anti-violence organizations should be able to move more flexibly to help and protect women victims of violence with the facts, data, and rules in the existing laws.

Meanwhile, according to Rahmita & Nisa (2019), there were no differences in the types of domestic violence in accordance with age of marriage and level of education. Considering the age of marriage and education level, the research subjects suffered more control violence than psycho-physical violence.

Therefore, Islamic counseling approach offers solutions based on religious values that can help individuals and couples to overcome domestic conflicts and problems. It combines spiritual and moral principles from Islamic teachings in the therapeutic process, focusing on improving relationships and enhancing quality of life. This approach is expected to provide important emotional and spiritual support to victims of domestic violence, and help them find solutions that are

relevant to their religious values. The research is focused on the main research topic, such as (1) the effectiveness of the Islamic counseling approach in overcoming cases of domestic violence; and (2) the effectiveness of the Islamic counseling approach in overcoming cases of domestic violence in Sleman. In order to find out the answer to these questions, the research will examine the implementation of this approach and its impact on the improvement and reinforcement of relationships among the participants.

LITERATURE REVIEW

Domestic violence is any physical, emotional, sexual, or psychological violence committed by a person against a life partner or other family member in a private residence (Rose et al., 2023). According to Law No. 23/2004 on the Elimination of Domestic Violence, domestic violence refers to actions that cause physical, psychological, sexual suffering, and domestic negligence (Indonesia, 2004). This violence has a negative impact on the mental and physical health of the victim, and disrupts their family harmony and children's welfare (Hardianto et al., 2023).

Domestic violence has many interconnected causes and can be understood through an ecological perspective. It means that there are many levels of factors that affect the occurrence of domestic violence, from the individual to the wider community. There are 4 factors that cause domestic violence, such following below:

1. Individual Factor, this refers to factors that are related to the person. For example, someone who was abused when they were young may be more susceptible to abuse as an adult. Poor childhood experience can affect one's behavior in the future.
2. Relational Factor, this is a factor related to the relationship between two people. For example, a relationship where one party has more power or control than the other party, violence is that more likely to occur. Power imbalances in relationships can create an environment that is susceptible to domestic violence.
3. Community Factor, this is a factor that relates to the norms and customs that exist in the neighborhood. For example, a community where violence is perceived as normal or accepted, domestic violence is the most common. Social norms that support or discourage violence can influence the behavior of individuals in the community.
4. Community Factor, this is a factor that involves wider policy and culture. For example, if the laws in a country or region do not protect victims of violence or do not crack down on perpetrators, domestic violence may be more common. Legal policies and the culture that exists in society have a big role in preventing or enabling domestic violence.

In understanding that the causes of domestic violence involve factors from these various levels, it can be seen that in order to prevent and deal with domestic violence, we need a comprehensive approach that involves various aspects from individuals to community policies (Setiawan et al., 2023).

Islamic counseling is a therapeutic way that combines Islamic religious principles with counseling techniques to help people to confront emotional and psychological problems (Yusop et al., 2023). This approach is based on the Qur'an and Hadith, which prioritize the importance of harmonious relationships between husbands and wives along with religious values-based solutions to solve conflicts (Najamuddin, 2018).

In addition, according to Al-Khattab (2019), Islamic counseling uses a holistic approach that involves spiritual, emotional, and social aspects in therapy. This method does not only focus on problem solving, but also on self-development and faith restoration as part of the therapy. Techniques used in Islamic counseling include religious advice, prayer, and relationship repair based on Sharia principles.

RESEARCH METHODOLOGY

This research used a qualitative approach to examine the effectiveness of Islamic counseling in handling domestic violence cases in Sleman. The qualitative approach was chosen because it allows for in-depth observation of counselees' experiences and perceptions, and understanding the social and cultural contexts that affect counseling outcomes. A qualitative approach is a research method that focuses on understanding phenomena based on the subjective perspectives and social context of participants. This approach aims to find out the meanings, experiences, and perspectives of individuals or groups through non-numerical data such as interviews, observations, and text analysis (Denzin & Lincoln, 2018).

This research involved 15 participants who had participated in an Islamic counseling program for domestic violence cases in Sleman, selected through purposive sampling technique. In addition, 5 counselors involved were also interviewed to get their perspectives. Data were collected through in-depth interviews, observation of counseling sessions, and related documentation. Data analysis was conducted using thematic analysis techniques, including transcription, coding, theme determination, and interpretation. The validity and reliability of the study were ensured by triangulating data from various sources.

RESULT AND DISCUSSION

Research Result

The research involved 15 Islamic counseling participants (8 women and 7 men) and 5 experienced counselors. Data were collected through interviews and observation of 10 counseling sessions. The majority of participants were physically and emotionally abused, aged 25-45 years with varied socio-economic backgrounds. Participants attended counseling for 3-6 months and they used techniques such as spiritual guidance, open dialogue, and relationship improvement goal setting. There were some results of the analysis, such following below:

1. Emotional Changes: Participants shared improved emotional and spiritual welfare, more calm, being able to handle stress, and having a more positive perspective on relationships.
2. Relationship Improvement: Participants indicated an increase in communication and mutual understanding between partners, and reduction of their frequency of conflict and violence.
3. Spiritual Support: Counselors noticed that the Islamic counseling approach provided important spiritual support, helping participants understand the role of husbands and wives in Islam and address their concerns.

Table 1. In-depth Interviews with Islamic Counseling Participants

Theme	Category	Verbatim Quotes	Participant/Counselor
Emotional Changes	Welfare Improvement	“After several counseling sessions, I started to become calmer. The counselor helped me understand the importance of communication and my role as a wife in Islam.”	Participant
	Increased Tranquility	“The advice and prayers really helped me feel more spiritually strong.”	Participant

	Self-Confidence	“After a few sessions, I started to feel better. My counselor helped me through the problem from a different perspective.”	Participant
		“I found myself being more patient and pray more often. It made me feel calmer and stronger in handling domestic problems.”	Participant
Relationship Improvement	Conflict Reduction	“We learned to understand each other more and reduce conflict. My husband is also more open to discussions and listening to my opinions.”	Participant
	Better Communication	“Our relationship became better. We communicate more often and try to understand each other.”	Participant
		“The physical and emotional abuse that used to occur frequently is now significantly reduced.”	Participant
Spiritual Support	The Role of Religious Counseling	“Islamic counseling offered me a new understanding to handle domestic problems in a religiously appropriate way.”	Participant

		“Religious advice and spiritual support are very helpful.”	Participant
	Spiritual Guidance Practices	“We use methods such as spiritual guidance, open dialog, and religious advice.”	Counselor
		“We also encourage participants to do self-reflection and improve their relationship with God. Prayer and dhikr are also an important part of the counseling sessions.”	Counselor
The Effectiveness of Approaches	Emotional Improvement	“Most participants improved in emotional and spiritual welfare.”	Counselor
	Change into Positive Relationship	“They also have less conflict.”	Counselor
	Challenges and Solutions	“The biggest challenge is gaining the trust of participants, especially those who are deeply hurt and skeptical of counseling.”	Counselor
		“We focus on creating powerful and empathetic relationships with participants.”	Counselor

	Successful Case	“One of the participants who used to be very introverted and afraid became more confident and able to overcome conflicts in her household.”	Counselor
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Source: Processed Data by Researcher

Table 2. The Result of Interview and Observation of Islamic Counseling Participants

Theme	Category	Interview Data	Observation Data	Documentation Data
Emotional Changes	Welfare Improvement	“After several counseling sessions, I started to become calmer.” (Participant)	Participants were calmer and more active in participating in the counseling sessions after a few meetings.	Counseling reports showed an increase in emotional well-being scores on a 1-10 scale from 3 to 7 after 6 sessions.
	Increased Tranquility	“The advice and prayers really helped me feel more spiritually strong.” (Participant)	Participants prayed more often and were peaceful during counseling sessions.	The final counseling report recorded improvements in the participants’ daily spiritual practices.

	Self-Confidence	“After a few sessions, I started to feel better. My counselor helped me through the problem from a different perspective.” (Participant)	Participants are more confident in talking about household problems during counseling sessions.	The counseling evaluation showed an increase in self-confidence score from 4 to 8 after 8 sessions.
		“I found myself being more patient and pray more often. It made me feel calmer and stronger in handling domestic problems.” (Participant)	Participants were more patient and calm in handling problems during the counseling sessions.	Counseling reports indicated a reduction in the frequencies of stress and anxiety reports.
Relationship Improvement	Conflict Reduction	“We learned to understand each other more and reduce conflict.” (Participant)	Couples were more cooperative and less defensive in the joint counseling sessions.	Progress reports show a decrease in the number of reported conflicts from 5 times a week to 1 time a week.

	Better Communication	“Our relationship became better. We communicate more often and try to understand each other.” (Participant)	The couple started using the communication techniques taught during counseling, such as active listening and avoiding interruptions.	The counseling evaluation indicated an improvement in the couple’s communication score from 2 to 7 after 10 sessions.
		“The physical and emotional abuse that used to occur frequently is now significantly reduced.” (Participant)	Couples reported less physical and emotional abuse incidents during counseling sessions.	The final counseling report noted a significant decrease in reports of domestic violence.
Spiritual Support	The Role of Religious Counseling	“Islamic counseling offered me a new understanding to handle domestic problems in a religiously appropriate way.” (Participant)	Participants referred to religious teachings more frequently in discussions during counseling sessions.	Counseling reports noted an increase in the frequency of participants’ use of religious advice.

		“Religious advice and spiritual support are very helpful.” (Participant)	Participants were more engaged in spiritual practices such as prayer and dhikr during the counseling sessions.	The counseling evaluation indicated an increase in the spiritual support score from 3 to 8 after 6 sessions.
	Spiritual Guidance Practices	“We use methods such as spiritual guidance, open dialog, and religious advice.” (Counselor)	Counselors often provide spiritual guidance and religious advice during counseling sessions.	The counseling method documentation indicates the consistent use of spiritual guidance in each session.
		“We also encourage participants to do self-reflection and improve their relationship with God.” (Counselor)	Participants are often invited to self-reflection and dhikr during counseling sessions.	Counseling reports show an increase in the frequency of self-reflection and dhikr practice by participants.
The Effectiveness of Approaches	Emotional Improvement	“Most participants improved in emotional and spiritual welfare.” (Counselor)	Participants were calmer and more emotionally stable after several counseling sessions.	The counseling evaluation showed an increase in emotional and spiritual welfare scores from 4 to 8 after 10 sessions.

	Change into Positive Relationship	“They also have less conflict.” (Counselor)	The couple looked more harmonious and cooperative during the counseling session.	Progress reports show a significant decrease in the number of conflicts reported by participants.
	Challenges and Solutions	“The biggest challenge is gaining the trust of participants, especially those who are deeply hurt and skeptical of counseling.” (Counselor)	Participants were initially skeptical and reluctant to fully participate in the counseling sessions, but slowly began to open up.	The preliminary counseling records showed a high level of distrust, but the final records showed an increase in trust.
		“We focus on creating powerful and empathetic relationships with participants.” (Counselor)	The counselor successfully build empathetic and supportive relationships with the participants during the counseling sessions.	Counseling method documentation shows a focus on developing empathic and supportive relationships.

	Successful Case	“One of the participants who used to be very introverted and afraid became more confident and able to overcome conflicts in her household.” (Counselor)	The participants had improved self-confidence and conflict resolution skills after several counseling sessions.	The counseling evaluation indicated an increase in self-confidence and conflict resolution scores from 3 to 7 after 8 sessions.
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Source: Processed Data by Researcher

There are three main findings after conducting in-depth interviews with participants in this Islamic counseling, including: (1) the effectiveness of Islamic counseling, this approach is effective in increasing emotional welfare and improving household relationships; (2) the role of spiritual support is important in recovery, providing a new perspective on conflict and solutions based on religious values; (3) improved communication skills in participants can reduce the level of violence.

Research Discussion

The results of this research are in accordance with the findings of previous studies which indicate that faith-based counseling, including Islamic counseling, can have a positive impact in managing emotional and relationship problems. Research by Aminah (2020) indicated that faith-based counseling can increase couples' understanding and reduce conflict, which was also seen in this research. The improvement in participants' emotional and spiritual welfare indicates that the Islamic counseling approach focuses not only on practical solutions but also on deep spiritual aspects. Spiritual support, such as an understanding of each other's roles in the household according to Islamic teachings, was shown to contribute to participants feeling more supported and better able to overcome conflicts. The improvements in communication and reduction in domestic violence reported by participants suggest that the approach is effective in improving relationship dynamics. This supports the findings by Iqbal (2022) that faith-based approaches can improve the quality of interpersonal relationships.

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