

Abstrak

Dewasa ini, Lesbian, Gay, Biseksual dan Transgender (LGBT) telah masuk ke dalam berbagai lapisan tatanan masyarakat, bahkan di dalam Pondok Pesantren sekalipun. Tujuan penelitian ini untuk menggambarkan betapa perilaku kecenderungan LGBT telah terjadi di kalangan santri Pondok Pesantren, menjelaskan latar belakang munculnya perilaku tersebut, mendeskripsikan proses konseling dan Psikoterapi Islam dalam menangani perilaku tersebut, dengan faktor pendukung dan penghambat. Penelitian ini merupakan jenis penelitian kualitatif dengan pendekatan analisis deskriptif. Subjek dalam penelitian ini adalah santri dengan indikasi kecenderungan LGBT (SSA), serta informan kunci, yakni guru BK dan kepala asrama. Teknik yang digunakan untuk pengumpulan data adalah observasi, wawancara mendalam dan dokumentasi. Analisis data penelitian dilaksanakan dengan menggunakan analisis deskriptif.

Hasil yang didapat dari penelitian ini adalah perilaku SSA di Pondok Pesantren ICPY terbagi menjadi tiga kategori; aktif, pasif dan campuran. Perilaku SSA pada santri tersebut dilatarbelakangi oleh faktor internal yang berasal pada diri santri maupun faktor eksternal yakni pengaruh lingkungan. Sementara proses konseling dan psikoterapi Islam yang dijalani memiliki tujuan dan tahapan; wawancara awal, proses terapi, dan tindakan. Hasil dari proses tersebut pun menunjukkan adanya perubahan positif pada diri santri. Dan proses tersebut didukung oleh penanganan bagian Tarbiyah, kerjasama tim yang solid serta kegiatan-kegiatan positif di Pesantren. Sedangkan faktor penghambat adalah pendidikan seks yang masih dianggap tabu di dunia pendidikan pesantren, keterpaksaan santri hidup di asrama dan kondisi keluarga santri yang bermasalah.

Keyword: konseling dan psikoterapi Islam, same sex attraction, santri

THE STUDY ON ISLAMIC COUNSELING PSYCHOTHERAPY IN HANDLING STUDENTS WITH TENDENCY OF LGBT (SSA = SAME SEX ATTRACTION) AT *PONDOK PESANTREN* (ISLAMIC BOARDING SCHOOL)

(A Case Study at Islamic Centre Piyungan Yogyakarta)

ABSTRACT

Nowadays, Lesbian, Gay, Bisexual and Transgender (LGBT) has penetrated all parts of society even in *pondok pesantren* (Islamic boarding school). This research was to describe the tendency of LGBT that had been seen among students at *Pondok Pesantren*, to describe the background contributing to this occurrence, and to describe the Islamic counseling and psychotherapy in handling this issue as well as its supporting and inhibiting factors. This research were the students with LGBT (SSA) tendency and key informants that were the teachers of counseling and the head of the dormitory. The techniques used for data collection were observation, in depth interview and documentation. The data analysis of this research was conducted by using descriptive analysis.

The result of this research was that the SSA behavior at ICPY *Pondok Pesantren* was categorized into three categories that were active, passive and mixed. Students' SSA behavior was triggered by internal factor from the students themselves and external factor that was the environment. The process of Islamic counseling and psychotherapy was implemented with aims and in steps: pre-interview, therapy process and treatment. The process showed positive result in teamwork and positive activities in *Pesantren*. The inhibiting factors, on the other hand, were the sex education that was still considered as taboo in *pesantren* education, students' compulsion to study at *pesantren* and internal problems of the students' family.

Keywords: Islamic consoling and psychotherapy, same sex attraction, students