



## Choice Theory and Reality Therapy to Prevent Sexual Misconduct among Youth: A Current Review of Literature

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### Abstract:

Choice Theory and Reality Therapy (CTRT) has been used widely in educational context to stimulate students' behaviors by giving them freedom and responsibility to make a valuable decision for their lives. This study aims to identify some relevant current literatures related to CTRT to prevent sexual misconduct among youth. The methodology used in this study is qualitative by using literature approach in searching, selecting, analyzing, and reporting several previous research studies. The study shows that the implementation of five basic needs, namely: survival, love and belonging, power, freedom, and fun in CTRT may help to prevent sexual misconduct among the youth. This study recommends for further study that it should be created a CTRT module for preventing sexual misconduct that can be used by school counsellors and practitioners for helping young generation to gain their normal life among their communities' members.

**Keyword:** Choice theory, Reality therapy, Sexual misconduct

## INTRODUCTION

In his book, Ahmad (2016) shared a useful information and experience to his readers how to curb social issues and phenomena these days related to sexual behaviour. He is a practitioner of Choice Theory Reality Therapy (CTRT) and has received training on addiction and sexual abuse at The Counsellor Team, Vasudev Nursing Home in New Delhi. He helped us to understand the psychology of sexuality, sexual addiction, patterns of sexual perpetrators, symptoms of adolescent sexuality, theory, and treatment of sexual behaviour through western and Islamic approaches. He also explained the concept of *amar makruf nahi mungkar* in behaviour of sexuality, parental guidance on dealing with adolescent sex problems, and inventories that curb adolescent sexuality. This book is suitable to be read that it can be

practiced by psychologists, counsellors, teachers, and parents in facing the social phenomena such as homosexuality, lesbianism, transgenderism, prostitution, incest, and dangerous motorcycle riding. We need to return to spirituality as the main condition of restoring habits that are perverse towards eternal well-being.

William Glasser is a founder of choice theory and reality therapy (Wubbolding, 2017). His innovations for individual counselling, work and school environments, highlight personal choice, personal responsibility and personal transformation. Glasser positioned himself as a leading opponent of conventional psychiatry, which focused his attention on classifying psychiatric syndromes as a “disease” and prescribing psychotropic medications to treat mental disorders. Based on his extensive clinical experience, Glasser applies his theory to broader social issues, such as education, management, and marriage. As an advocate, Glasser warns the general public about the potential loss caused by the older generation of psychiatrists, who practice traditional patient diagnoses such as mental illness (brain disorders) and prescription medications. In his view, patients are just launching their unhappiness and lack meaningful personal relationships with important people in their lives. Glasser advocates educating the general public on mental health issues i.e. offers, a post-modern framework for finding and following healthy therapeutic directions.

Reality Therapy is widely used by overseas counsellors to help solve clients' problems. The problematic behaviors can be reduced with reality therapy based on certain procedures (Jusoh, 2018). The effectiveness of control theory based on reality therapy in dealing with the crisis of students losing control and it is a very suitable and easy to apply approach on individual or cluster clients. It covers in schools, rehabilitation centres, drug or alcohol treatment (Wubbolding & Brickell, 2017)). Furthermore, Seligman and Reichenberg (2007) said that reality therapy can be applied to clients who are substance abusive, depressed, low self-esteem, bullied, victims of domestic violence, family conflict, adjustment disorders, high anxiety, emotional disorders, impulse control disorders, behavioral disorders. behavioral, bipolar disorder and psychotic disorder. Reality Therapy can be applied to all clients as all individuals have basic needs regardless of religion, culture and race.

This study aims to identify the use of CTRT in preventing sexual misconduct among youth. Several relevant literatures related to sexual misconduct these days need to be analysed to find out the new pattern of the negative habit sexuality. Choice theory may provide the youth to make rational decision on their live to not participate in sexual misconduct. Meanwhile reality therapy can help the youth who has psychological problems related to their sex behaviour.

## **METHODOLOGY**

This study used qualitative method by analyzing several literatures from previous studies related to sexual misconduct among youth. There are search strategies, selecting process, analytical documents and writing reports of current literatures regarding this topic. According to Snyder (2019), this method may be used to identify the relevant articles to review based on characteristics required. The CTRT approach will be analysed to prevent sexual misconduct by integrating some constructs of five individual basic needs in guidance and counselling sessions.

## **RESULT AND DISCUSSION**

### ***Choice Theory and Reality Therapy***

Choice Theory and Reality Therapy were founded by William Glasser. He was a clinical psychologist born in Cleveland Ohio, California on May 11, 1925. Reality Therapy began to be recognized for producing therapeutic products. Through the use of this therapy by Glasser on delinquent women and treatment by Harrington's supervisors on chronic psychotic patients (Glasser & Zunin, 1979). Glasser had broken traditions in counseling and psychotherapy

models when building his own counseling model in the early 1960s (Howatt, 2001). He rejects the Freudian concept which is said to emphasize the concept of mental illness without assessing the internal psychology of the client (Wubbolding, 1990). In addition, Reality Therapy which is based on Choice Theory, Reality therapists believe that most clients have the same problem where they are dissatisfied about the current relationship. Most client problems are caused by an inability to connect with others, get close to others or gain a satisfying relationship with at least one significant individual in his or her life. Therapy will guide the client toward achieving a satisfying relationship and teach them to behave more effectively than their current behavior. The stronger the client is in relation to others, the higher his chances of experiencing happiness (Corey, 2018; Siang, Nurdin & Robinson, 2019).

Glasser has produced many books that are sources of reference. The first book he produced was *Mental Health or Mental Illness* which was the basis for the techniques and concepts of Reality Therapy. She developed Reality Therapy by running programs at The Girls' School in Ventura, California when he was a staff member at the school. Her book entitled *Reality Therapy: A New Approach of Psychiatry* became increasingly famous because in the book contained Glasser's experience handling cases at the girls' school. The book has raised his name in line with other counselling psychotherapy figures and Glasser expressed his appreciation to his most beloved teacher, G.L Harrington who has given him encouragement and support (Jusoh, Rahman, Bistamam, & Arip, 2011).

According to Glasser (2007), conflict arises when what the individual wants quality world is not the same as what the individual can the perceived world. The client will make a choice based on pleasure and pain through a balance scale (comparing place) that exists in him. This will affect the total behavior which includes aspects of behavior, thinking, feelings and physiology (Siang, Sukardjo, Salenussa, Sudrajat, & Khasanah, 2020). Therefore, these teenagers need to be helped with the individual counselling process to improve their lives. Researchers recommend Choice Theory Reality Therapy (CTRT) Individual Counselling for adolescents with sexual behavior problems at the Baitul Ehsan Women's Shelter. Indirectly, these adolescents can achieve psychological well-being in their lives.

Corey (2018) also states that the priority of therapy is to teach clients to make more effective choices while they are together with important individuals in their lives. Choice Theory describes how to choose ways to behave that can improve relationships. By teaching clients Choice Theory (Choice Theory) is also one of the parts of Reality Therapy (Reality Therapy). Choice theory emphasizes that individual behavior comes entirely from the inner world of the individual himself. The external world does not affect the individual, if the individual prioritizes their own needs (Siang, Hasan, & Tamhir, 2019). Everyone has a different way of meeting their basic needs.

### ***Sexual Misconduct among Youth***

A study conducted by Huda (2015) discussed sexual misconduct in adultery case in the perspective of Islamic Law and the KUHP. By using comparative method analysis, the differences between Islamic Law and the KUHP are found in defining the term adultery and its legal consequences. Sexual intercourse between young couples is not categorized as an act of adultery in the KUHP because they are not currently in a legal marriage. The KUHP also does not trap adulterers who are not subject to article 27 BW even though they are in a legal marriage. In addition, if the husband or wife of the adulterer gives permission to his partner to commit adultery, then article 284 cannot trap him. While in the view of Islamic Law, any sexual intercourse outside the legal bond of marriage is categorized as an act of adultery.

While the study of Ismail and Nasri (2019) showed that there is no data or statistics on adultery because it is unlikely that offenders will come forward to admit their actions unless there are witnesses. However, data on extramarital pregnancies are an important indicator of

adultery. Apart from factors that occur out of control such as the crime of rape, pregnancy and the birth of a child out of wedlock are closely related to sexual intercourse that occurs voluntarily. The study by Nasrudin, Suhada, Rochman, Helsy, and Hermawan (2018) found a solution to the problem of moral decay through the perspective of al-Quran and al-Sunnah. The methodology used in this study is a literature review that is by analyzing documents such as journals, articles and related scientific writing (Rouzi, Afifah, Handrianto & Desmita, 2020). The study found that there are several evidences of the Qur'an and Hadith that can be the main bulwark and used for the purpose of dealing with the problem of moral decay. In this regard, the current moral collapse can be addressed if the society adheres to the true teachings of Islam.

Table 1. Current Studies Related to Sexual Misconduct among Youth

Authors	Year	Title
Klar & McCoy	2021	Partisan-Motivated Evaluations of Sexual Misconduct and the Mitigating Role of the #MeToo Movement.
Axinn, Wagner, Couper, & Crawford	2021	Applying Responsive Survey Design to Small-Scale Surveys: Campus Surveys of Sexual Misconduct.
Morean, Darling, Smit, DeFeis, Wergeles, Kurzer-Yashin, & Custer	2021	Preventing and Responding to Sexual Misconduct: Preliminary Efficacy of a Peer-Led Bystander Training Program for Preventing Sexual Misconduct and Reducing Heavy Drinking among Collegiate Athletes.
Russell & Gruys	2021	How do Gender, Sexuality, and Age Impact Perceptions of Teacher Sexual Misconduct? An Intersectional Vignette-Based Study
Jain & Lee	2020	Allegations of Sexual Misconduct: A View from the Observation Deck of Power Distance Belief
Abboud, Wu, Pedneault, Stohr, & Hemmens	2020	Educator Sexual Misconduct: A Statutory Analysis.
Schumann & Dragotta	2020	Is Moral Redemption Possible? The Effectiveness of Public Apologies for Sexual Misconduct
Richards	2019	No Evidence of “Weaponized Title IX” Here: An Empirical Assessment of Sexual Misconduct Reporting, Case Processing, and Outcomes.
Lo, Tse, Cheng, & Chan	2019	The Association between Substance Abuse and Sexual Misconduct among Macau Youths.
Abdul Mannan, Khan, Ramli, Abdul Latif, & Abdul Mannan	2019	Role of Personality Traits in Sexual Misconduct among Malaysian Teenager.
Majid, Azman, & Yani	2019	Teenagers’ Involvement Factor in Sexual Misconduct: A Study on Teenagers’ Premarital Pregnancy in Selangor State Moral Rehabilitation Centre.
Shakeshaft, Smith, Keener, & Shakeshaft	2019	A Standard of Care for the Prevention of Sexual Misconduct by School Employees.
McMahon, Karp, & Mulhern	2019	Addressing Individual and Community Needs in the Aftermath of Campus Sexual Misconduct: Restorative Justice as a Way Forward in the Re-Entry Process.

Gentile	2018	Assembling Justice: Reviving Nonhuman Subjectivities to Examine Institutional Betrayal around Sexual Misconduct.
Weiss & Lasky	2017	Mandatory Reporting of Sexual Misconduct at College: A Critical Perspective.

The several literatures in current years have discussed the sexual misconduct among youth from multiple perspectives. Jain and Lee (2020) emphasized that sexual misconduct needs to be understood from different perspectives and it has related to fundamental belief system of the youth. The environmental factor should be considered to avoid the youth in sexual misconduct. The free life style by consuming drug, cigarette, and alcohol can trigger sexual misconduct among youth (Lo, Tse, Cheng, & Chan, 2019). A lot of cases today related sexual misconduct such as dating violence and stalking brings negative impact to the youth because some of the cases have not been reported (Richard, 2019). It needs the awareness from community to understand that the sexual misconduct is a main problem for them and they need to stand against it to save their future generation (Schumann & Dragotta, 2020).

### ***CTRT to Prevent Sexual Misconduct among Youth***

CTRT is a combination of two theories or approaches used in the field of psychology and counseling, namely Choice Theory and Reality Therapy. According to Howatt (2001), although Reality Therapy is based on Choice Theory, in fact Reality Therapy was first created in 1962. Choice Theory is an idea about an individual. Humans have several behavioral choices and humans have control to behave and humans need to be responsible for those behaviors (Jusoh, Mohamad Rahman, Bistamam, Arip, & Jusoff, 2011). This theory describes human behavior and offers ways to improve relationships and overall well-being. According to Glasser (1999), the concepts of Choice Theory and Reality Therapy are related, but different. Choice Theory was developed from Reality Therapy and is a set of ideas about human behavior based on how individuals construct their basic needs (Hale & Sindlinger, 2017).

Reality Therapy is a change counselling approach based on the principles of Choice Theory (Hale & Sindlinger 2017). Reality Therapy is different from most types of psychotherapy in that it focuses on the present and helps people understand that they can choose a better future. The basic concept of Reality Therapy is responsibility (Schoo, 2008). Overall, Choice Theory explains how the brain works as a control system and is the theoretical basis to Reality Therapy. The brain functions as a control system that controls the mind to determine how individuals should behave in an effort to satisfy needs. Choice Theory discusses how an individual behaves and why they behave in such a way. While Reality Therapy is an application of counselling theory used in Choice Theory to help clients. Choice Theory believes that all behavior is driven by internal will rather than due to external or environmental influences. In short, each behavior chosen is the best attempt to get what the individual wants in order to meet his or her needs. Choice Theory also emphasizes that an individual has a choice in determining his or her behavior and the next individual should be responsible for the choices made (Jusoh & Hussain, 2015).

Glasser believes that all human beings have five basic needs and we try to meet one or five of those basic needs which are survival, love and belonging, freedom, power, and fun. We all do our best to meet these basic needs. Therefore, all of our behaviors are driven internally to meet this need. Problems will arise when individuals are unable to fulfil what they want. According to Glasser (1999), conflict arises when what the individual wants (quality world) is not the same as what the individual can (perceived world). Therefore, it will create pleasure (pleasure) and pain (painful) through a balance scale (comparing place). This will affect the total behavior (total behavior) which includes aspects of behavior, thinking, feelings and

physiology. Total behavior contributes to successful identity and failed identity (Jusoh & Ahmad, 2009). Thus, Choice Theory is an idea of how we meet these basic needs.

The integration of five basic needs in CTRT could be adopted to prevent sexual misconduct among youth, such as:

a. Survival

It refers to the body function of human to live and doing daily activities. The youth are really aware of their body and health. They need to keep their mind and thinking in positive vibes. They also need to save their reproductive organ to deliver good heredity. The survival process of reproduction demands young generation to really care about their sexual habit. It can help them to avoid sexual misconduct by understanding the danger for their future.

b. Love and belonging

It refers to the environment which needs by the youth. They need the family, friends, and community really care to them. They want to have a listener to share their stories. They need figures to ask about their problems, including their sexual knowledge. Parents and community need to deliver sexual education among children that it is part of their cares to the youth. It is not appropriate manner if the children are left with their own problems and they feel lonely.

c. Power

It refers to the recognition for doing something. The youth expect their power part of their prides. They can do all the things that they need to do by their own. Power awareness will help youth to avoid sexual misconduct because they know that their power depends on them. They have power to build healthy lifestyle and keep going to make positive activities. They believe that no single one can intervene their live and choice.

d. Freedom

It refers to sense for having control our sides and making choice by own. The youth needs a freedom in choosing the quality live by far away from sexual misconduct. Freedom in this term doesn't mean to do free sexual, but it means that the youth has to control themselves for doing negative thing which can damage their future. The community should give many options to the youth and let them to decide. Parents needs to provide opportunity to discuss sexual misconduct to their children.

e. Fun

It refers to enjoyable feeling to do something. The youth don't want to be stressful about the live matters. They will learn with have fun. The community and parents need to create a good explanation of sexual misconduct with innovative approach. There are several games that can be used in teaching youth for understanding materials. It is related to psychological distress of the youth that they really want to study when they feel happy to do.

## CONCLUSION

Numerous studies have been conducted to highlight the phenomena of sexual misconduct among youth. The behavior carries up negative impact for both community and individual. Young generation needs to be helped to solve this problem and avoid bad attitudes in their development. This study listed several relevant literatures to integrate CTRT to prevent sexual misconduct for young generation, especially women who are fragile victims. There are five basic needs that should be focused on youth personal development to avoid sexual misconduct in their life, such as: survival, love and belonging, power, freedom, and fun. It can be concluded that using CTRT can be an alternative way to counsellor to help young generation to avoid sexual misconduct. It is recommended for further study to design a module or guideline to prevent sexual misconduct among youth by using CTRT approach.

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