

# **The Effectiveness of Islamic Counseling Techniques with Art Therapy in Overcoming Trauma in Children Who Are Victims of Bullying**

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## **Abstract**

Bullying is a traumatic and painful experience for adolescents, especially if it lasts for a long time. Victims of bullying often feel helpless, hopeless, and at risk of depression due to a lack of adequate coping strategies. In addition to psychological interventions to support mental and emotional health, art therapy can also be used as an alternative to aid the healing process. Islamic counseling, which is a professional service, is commonly used in educational and social contexts. Its purpose is to resolve conflicts, obstacles, and difficulties in meeting various individual needs. This research method uses a literature review approach. The results show that Islamic counseling techniques combined with art therapy are effective in overcoming trauma in children who are victims of bullying.

**Keywords:** Art Therapy; Bullying; Trauma.

## **Abstrak**

Bullying adalah pengalaman yang traumatis dan menyakitkan bagi remaja, terutama jika berlangsung dalam jangka waktu yang lama. Korban bullying sering kali merasa tidak berdaya, putus asa, dan berisiko menghadapi depresi akibat kurangnya strategi penanganan yang memadai. Selain intervensi psikologis untuk mendukung kesehatan mental dan emosional, terapi seni juga dapat dimanfaatkan sebagai salah satu alternatif untuk membantu proses penyembuhan. Konseling Islam, yang merupakan layanan profesional, umum digunakan dalam konteks pendidikan dan sosial. Tujuannya adalah untuk mengatasi konflik, hambatan, dan kesulitan dalam memenuhi berbagai kebutuhan individu. Metode penelitian ini menggunakan pendekatan telaah pustaka. Hasil penelitian menunjukkan bahwa teknik konseling Islam yang dipadukan dengan terapi seni terbukti efektif dalam mengatasi trauma pada anak-anak yang menjadi korban bullying.

**Kata Kunci:** Art Therapy; Bullying; Trauma.

## INTRODUCTION

Bullying can be defined as aggressive behavior that is carried out deliberately and repeatedly against another individual, usually caused by a perceived or visible imbalance of power between the perpetrator and the victim. This type of behavior, whether carried out by an individual or a group, has a significant impact on the victim. There are three main elements in the definition of bullying: a clear intention to hurt, an imbalance of power, and the repetition of the action.

The problem of bullying among adolescents has been recognized as a serious global health issue. The experience of bullying is extremely traumatic and painful, especially when it occurs over a long period of time. Research shows that children and adolescents who are victims of bullying can experience long-term anxiety, which often carries over into adulthood. A study conducted by Pontillo et al. (2019) found that 90 adolescents who were studied showed symptoms of social phobia and anxiety disorders related to their experiences of bullying. Victims of bullying often feel helpless, hopeless, and are at high risk of depression, mainly because they do not have effective strategies to deal with the situation. Research by Holt et al. (2015) revealed that adolescents identified as victims or perpetrators of bullying tend to face serious mental health problems, including depression, anxiety disorders, eating disorders, and even suicide attempts.

One type of anxiety disorder often experienced by individuals who are victims of bullying is social anxiety. This disorder makes it difficult for them to do any activity that involves interaction with other people, both in individual and group contexts. In the school environment, this challenge arises when teenagers have to participate in academic activities that require cooperation and communication with classmates. As a result, they may have difficulty

concentrating in class, which can ultimately lower their academic performance. Anxiety disorders experienced during adolescence have the potential to continue into adulthood, causing a decline in quality of life. This can lead to various physical and mental health problems, as well as disrupt their social functioning. These negative effects can include suboptimal performance at work and difficulty interacting socially.

Trauma experienced by children also has a significant impact on their emotional, cognitive, and social development. This trauma can affect how they learn, interact with others, and how they build their identity and overall well-being. As a result, children often experience emotional and psychological distress, such as chronic anxiety, depression, or even post-traumatic stress disorder (PTSD) (Anggadewi, 2020). These effects can also cause extreme emotional fluctuations, making it difficult for children to control and regulate their emotions (Susanti & Widjarto, 2021).

In the school context, trauma can have a significant impact on a child's ability to concentrate on the learning process. As a result, children who have experienced trauma often show lower academic achievement, due to their difficulties in processing information and learning. The profound effects of trauma can include a range of challenges, such as difficulty maintaining attention, impulsivity, hyperactivity, and problems in understanding and using information effectively. In addition, they may also face difficulties in speaking, understanding, and communicating efficiently, as well as experiencing neurological developmental disorders that affect social interaction, communication, and behavior. All of these problems can hinder the overall development of students (Hia & Fitriana, 2022).

Various studies show that art therapy, especially through drawing, can increase self-awareness, help resolve emotional conflicts, and improve

problem-solving skills (The American Art Therapy Association, 2008). Art therapy is often used as a psychological intervention to address fears or trauma, such as that occur in cases of violence (Malchiodi, 2003). In addition, art therapy can be a means of intervention that involves the mind and body, providing holistic support for individuals experiencing difficulties due to trauma. Art is a powerful and effective medium for communication. Today, many people recognize that artistic expression allows us to convey thoughts and feelings visually, especially when words feel too painful to express. These creative activities through art are also utilized in the context of psychotherapy and counseling.

Art therapy is based on the belief that the creative process of creating art can be a means of healing and improving quality of life. It also functions as a form of nonverbal communication that expresses a person's thoughts and feelings (American Art Therapy Association in Malchiodi, 2003). Like other forms of psychotherapy and counseling, art therapy aims to encourage personal growth, deepen self-understanding, and support emotional healing. Art therapy is applied in various contexts, involving children, adults, families, and groups. This method can help individuals of all ages to create meaning in life and gain insight, overcome painful emotional experiences or trauma, resolve conflicts and problems, and improve the quality of daily life in order to achieve greater well-being.

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## **METHODS**

To answer the research question regarding the effectiveness of Islamic counseling techniques combined with art therapy in treating trauma in children who are victims of bullying, the researcher chose to use a literature review method. In this study, the data used was obtained from journals identified through a search on Google Scholar, focusing on publications between 2019 and 2024. The search was conducted using specific keywords, such as "art therapy," "trauma," and "bullying victim," to collect literature sources relevant to the phenomenon of counseling therapy for bullying victims. The selection of literature was carried out carefully to ensure that the references used could provide in-depth perspectives and insights from previous studies related to this topic. The literature that was successfully collected was then analyzed through several steps: data reduction, data presentation, and conclusion drawing. According to Rijali (2018), the data reduction stage involves grouping the

most significant findings, identifying emerging patterns, and organizing data to provide a comprehensive understanding of the phenomenon being studied. Meanwhile, the data presentation stage focuses on presenting the research results in a structured and clear manner. Finally, in the conclusion drawing stage, the researcher reconnects the findings with the research questions, so that substantial conclusions can be formulated and the research questions can be answered comprehensively.

## RESULTS

In the first stage of literature review, 20 articles related to the variables in the title were collected: the effectiveness of Islamic counseling techniques through art therapy in treating trauma in children who are victims of bullying. Of the total 20 articles obtained, there were 7 articles relevant to the topic raised. In the next stage, 13 other articles had to be discarded because they did not meet one of the criteria in the title. The 7 articles that discussed the effectiveness of Islamic counseling techniques with art therapy in treating trauma in children who are victims of bullying can be seen in Table 1.

**Table 1. Article Display**

No .	Author	Publication Year	Title	Journal	Pages
1.	Nurul Fathia., Alfiandy Warih Handoyo, &	2022	Development of an Art Therapy-Based Individual Counseling	<i>Indonesian Journal of Guidance and Counseling (JBKI)</i> , 7(3)	00-00

	Putri Dian Dia Conia		Service Module Reducing Social Anxiety in Students Who Are Victims of Bullying		
2.	Farida Herna Astuti	2024	The Effect of Art Therapy Techniques on Anger Emotions in Eighth Grade Students at SMPN 5 Praya	Reality: <i>Journal of Guidance and Counseling</i> (JRbk), 9(1)	2301-2307
3.	Nursan Junita., Riza Musni., Ika Amalia., Syahnaz Panggabean Mardhatilla h., Cut Azizah, &	2023	Expressive Writing Therapy in Reducing Anxiety in Bullying Victims	<i>Diversita Journal</i> , 9(1)	78-84

	Husnawesnate				
4.	Adiena Filosofianita., Mamat Supriatna, & Nadia Aulia Nadhirah	2023	Strategies of Guidance and Counseling Teachers in Handling Bullying Victims	<i>An-Nur Guidance and Counseling Student Journal: Different, Meaningful, Noble</i> , 9(3)	92-101
5.	Nurussakinah Daulay., Mutiara Aulia., Nadila, Siska Ardilla Anggraini., Siti Maila Faiza Tanjung, & Irma Diani Hasibuan	2023	Implementation of guidance and counseling services in addressing bullying issues	<i>Journal EDUCATION (Indonesian Education Journal)</i> , 9(1)	94-103
6.	Roro Kurnia	2024	Trauma and Rehabilitation: The Role of	<i>COGNITIVE: Journal of Education</i>	

	Nofita Rahmawati		Counseling Guidance Islam in Healing Emotional Wounds	<i>and Learning,</i> 2(1)	
7.	Nur Hamid Ashofa	2019	Reality Therapy for Treating Trauma (Post Traumatic Stress Disorder) in Victims of Bullying at the Women's Social Protection and Rehabilitation Center for Women	<i>HISBAH: Journal of Counseling Guidance and Islamic Da'wah,</i> 16(1)	86-99

### **Art Therapy Counseling Techniques**

In Journal 1, it is explained that among various types of interventions, previous studies have shown that art therapy has significant value in reducing anxiety in victims of bullying. According to Malchiodi (Sulistyanti, 2017), art

is a very useful medium for communication. Currently, it is widely recognized that artistic expression is an effective way to convey thoughts and feelings that are too painful to express in words. Creative activities involving art have been applied in psychotherapy and counseling. Fastari mentions (Sholihah, 2017) that art therapy is a process that includes verbal and nonverbal activities, consisting of two stages: drawing and then counseling. The drawing activity is carried out from the second to the sixth session, with each session designed based on specific instructions and objectives. The tools used in each session will also vary. In this process, the researcher or therapist acts as a facilitator who guides the counselee during the drawing activity.

Based on data obtained from Journal 1, the results of the product feasibility test show that the Individual Counseling Module Media and Art Therapy Techniques designed to reduce social anxiety in students who are victims of bullying have a very good feasibility level, with a percentage of 91% (Arikunto, 2013). This figure indicates that the product is highly feasible for use, considering that the classification in the evaluation table states that a score of 85%-100% is classified as very good. In addition, evaluations conducted by media experts, subject matter experts, and practitioners also produced qualitative data in the form of input and suggestions for improvement. The Individual Counseling Module and Art Therapy Techniques Media is deemed "highly suitable" for implementation in the 2022/2023 academic year, particularly for 10th-grade students at SMAN 1 Cibadak, as it meets the criteria for module development, such as: self-explanatory, self-contained, adaptable, and user-friendly.

In Journal 2, art therapy is discussed as an approach that utilizes art to help clients who have experienced trauma or challenges in their lives. This therapy is also intended for individuals who want to develop themselves as a

form of communication and expression. In this study, art therapy was conducted using a group counseling method.

Researchers concluded that anger is a form of reaction that can interfere with the management of a person's thoughts, feelings, and impulses in an inappropriate and unacceptable manner, which can ultimately harm others. The management of anger involves a number of dimensions, including biological, emotional, intellectual, social, and spiritual (Purwanto et al., 2006). In Journal 2, this study was declared significant, indicating that art therapy techniques have an effect on anger. Data analysis in this study was conducted twice, before and after art therapy counseling. Using a pre-test and post-test design in a single experimental group, this study showed that art therapy techniques play a positive role in helping students who face problems with intense angry behavior.

### **Victims of Bullying**

Journal 3 states that bullying is a traumatic experience that is very disturbing for adolescents, especially when it occurs repeatedly over a long period of time. Research (Holt et al., 2015) shows that children and adolescents who are victims of bullying can experience long-term anxiety that can even continue into adulthood. Victims of bullying often feel helpless, hopeless, and at risk of depression due to a lack of strategies to cope with the situation. Other findings indicate that adolescents identified as victims or perpetrators of bullying tend to face various mental health problems, including depression, anxiety disorders, eating disorders, and even suicide attempts.

Fortunately, there are many ways to overcome anxiety and stress, one of which is cognitive psychotherapy, which aims to restore cognitive functions, such as the ability to think rationally, concentrate, and remember (Hawari, 2011). Victims of bullying need to empower themselves to function

again after experiencing feelings of helplessness in stressful situations. One simple method that can be used to reduce anxiety is writing. Therefore, researchers sought to show that expressive writing therapy can contribute to reducing the anxiety experienced by victims of bullying.

Journal 4 reveals that bullying is a social problem that is becoming increasingly common in schools, and its prevention requires a comprehensive approach. Bullying, which is aggressive behavior carried out by individuals or groups, aims to hurt others, both physically and psychologically. One of the causes of bullying is the ignorance of the perpetrators, victims, and witnesses. The impact of bullying on victims is diverse and can include mental and physical disorders. In terms of mental health, victims often experience depression, insecurity, and anxiety. Physically, they may have trouble sleeping or experience a decline in academic performance. In addition, the physical effects can include headaches, stomachaches, and severe injuries, which can even lead to death. From a psychological perspective, victims of bullying may experience a reduced ability to adapt, feelings of shame, and a greater risk of depression and suicidal thoughts (Darney et al., 2013).

Journal 5: Adolescents are individuals who are in a transitional phase between childhood and adulthood, during which they experience a series of physical, biological, cognitive, and socio-emotional changes. In this developmental process, adolescents often face various challenges. Their developmental tasks include developing intellectual and emotional skills, so they must cope with new expectations from their surroundings. This makes them vulnerable to various disorders, such as stress, anxiety, loneliness, and aggressive behavior. One of the most common forms of aggressive behavior among adolescents is bullying. The phenomenon of bullying in the school environment can take many forms, including physical violence, verbal abuse,

and psychological pressure. In addition to individual factors, student involvement in bullying is often influenced by more complex reasons (Nassem, 2017).

Bullying is an act of violence committed by individuals who intend to hurt others. This act usually takes the form of repeated pressure experienced by the victim. Bullying reflects a desire to hurt, manifested in behavior that can cause pain to the victim (Astuti, 2008). This act can be carried out by one person or a group with more power, and is often done without a sense of responsibility, with the clear intention of hurting others. How victims respond to bullying varies greatly. Some choose to report it, but many choose to remain silent. Fear of possible retaliation from the perpetrator makes them reluctant to report it, compounded by a sense of shame that makes them reluctant to voice their parents' opinions. This fear encourages victims to hold back and not report what they have experienced. Among teenagers, bullying is a painful and ongoing act, with the main purpose of intimidating the children who are its victims (Bachri et al., 2021).

Bullying among adolescents is influenced by various factors, such as self-esteem, values, family conditions, school climate, mass media influence, and relationships with peers. Among these factors, the role of peers is crucial. Adolescents who are unable to integrate into groups are often considered weak and socially inept, which can encourage them to engage in bullying behavior in order to improve their status among their peers. Thus, they become not only perpetrators but also victims of bullying, and this phenomenon affects their self-esteem. Therefore, bullying can be seen as a problem rooted in the complex interactions between family, school, media, and social relationships.

## **Trauma**

In Journal 6, it is explained that trauma is a very difficult experience that can have a significant impact on a person's mental and emotional health. Trauma can take many forms, such as violence, loss, or other traumatic events, and often leaves deep psychological scars. In societies rich in spiritual values, especially in the context of Islam, it is crucial to understand the role of Islamic counseling in the process of healing trauma and transitioning individuals towards greater empowerment (Lim et al., 2024).

Trauma in children can disrupt their emotional, cognitive, and social development. This affects how children learn, how they interact with others, and how they build their identity and overall well-being. Possible negative effects include emotional and psychological distress, such as chronic anxiety, depression, and even post-traumatic stress disorder (PTSD). In addition, trauma can cause extreme emotional fluctuations, making it difficult for children to control and regulate their feelings.

Considering the dangers and traumatic effects that individuals, especially children, can experience, it is clear how important counseling and rehabilitation approaches are in the healing process. Through counseling and rehabilitation, individuals can obtain the essential support they need to overcome trauma and restore their well-being. This process helps individuals recognize and understand the impact of trauma, paving the way for self-awareness and the development of healthy coping strategies. It empowers them to deal with the stress, anxiety, and negative emotions that often arise from trauma, and provides a space to express emotions in a safe and focused manner. Emotional support from a counselor plays an important role, making individuals feel heard and understood, so they do not feel alone. In addition, counseling also helps them regain social and functional skills, including the

ability to reintegrate into society and educational or work environments (Tanjung, 2023).

### **Islamic Counseling Techniques**

In Journal 7, it is stated that bullying is not permitted in the Islamic perspective because of its harmful effects on others. Victims of bullying often experience trauma, known as Post Traumatic Stress Disorder (PTSD) (Wardhani & Weni, 2017). The anxiety experienced by victims is closely related to feelings of insecurity and helplessness. This occurs when they feel threatened by misjudgments of dangerous situations.

Islamic counseling is a professional service commonly used in the context of education and social services. The purpose of Islamic counseling is to resolve conflicts, obstacles, and problems in meeting individual needs. In addition, this counseling focuses on improving mental health by considering three important dimensions in Islam: submission, security, and peace. Through Islamic counseling, individuals or groups who experience physical or mental difficulties will receive continuous, comprehensive, and systematic support.

The role of religion in psychiatry and mental health is very significant. This was emphasized by Prof. Daniel Xander Freedman, President of the American Psychiatric Association in 1994, who stated that the world has two main institutions that focus on human health and well-being: the medical profession, especially psychiatry, and religious institutions. Combining reality therapy with Islamic counseling is expected to provide solutions for victims of bullying. Through the application of this therapy, it is hoped that the victims' morale can be improved, enabling them to forget the dark experiences of the past.

## CONCLUSIONS

Islamic counseling techniques that utilize art therapy have been proven effective in helping children who are victims of bullying overcome their trauma. Steps are needed to introduce art therapy in schools. In order to achieve the goal of trauma relief for children who are victims of bullying, it is important to develop the application of this technique in school counseling. Art therapy is a psychological approach that uses art as a tool. Art has the power to heal various traumas because it involves creativity that can trigger freedom of thought, bring joy, and provide inner satisfaction to its creator. Thus, through art therapy, trauma can be alleviated and emotional tension can be relieved through the resulting relaxation response.

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