

Development of cognitive behavior counseling guidelines website-based systematic desensitization techniques to overcome stress in adolescent victims of violence

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Abstract

This study aims to develop and test the validity of cognitive behavior counseling handbooks and the effectiveness of systematic desensitization counseling techniques to deal with stress in adolescent victims of violence. This research includes the development of 4D (define, design, develop, disseminate) by Thiagarajan (1974). Five people who are experts and practitioners of guidance counseling were involved in testing the validity of the guidebook. The assessment instrument used consists of 14 statement points which refer to the validity of the guidebook. Validity analysis uses the Content Validity Ratio (CVR) calculation formula from Lawshe (1975). The acquisition shows content validity (CVI) of 1 which means very good. This shows that the developed website-based systematic desensitization technique cognitive behavior counseling guidelines have met the eligibility criteria. The effectiveness test involved 30 students in this study using the one group pre-test and post-test design. This effectiveness test was carried out using the t test, the gains obtained were $t_{count} = 17.105$ and $t_{table} = 2.048$ which means that $t_{count} > t_{table}$, this acquisition describes that the development of cognitive behavior counseling guidelines for website-based systematic desensitization techniques is effective for dealing with stress in adolescent victims of violence.

Keywords: Cognitive behavior, systematic desensitization, adolescence

How to Cite: Pebriyanti, N., Suranata, K., & Dharmayanti, P. (2021). Development of cognitive behavior counseling guidelines website-based systematic desensitization techniques to overcome stress in adolescent victims of violence. *Konselor*, 10(4), 135-143. doi:<https://doi.org/10.24036/02021104122164-0-00>



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Introduction

Violence that occurs in adolescents is no longer an individual problem or a national problem but has become a global and even transnational problem. The characteristics of adolescents at the stage of searching for identity and identity are prone to causing problems. According to Asrori and Ali (2016), youth is an age when individuals become integrated into adult society, an age when children do not feel that they are below the level of older people but feel equal, or at least equal. Entering today's society contains many affective aspects, more or less from the age of puberty (H Kara, 2014). According to King (2012) youth is a development which is a period of transition from children to adults. This period begins around the age of 12 and ends at the age of 18 to 21 years (Firdaus & Hidayati, 2019). In this study the authors used middle adolescents aged 15-17 years.

Violence is an act of using force or physical strength illegally, making people powerless, for example, by hitting, kicking and threatening with weapons. Violence against adolescents occurs for a long time and is a violation of human rights (Latif & Khanam, 2017). Violence is basically an aggressive action that can be carried out by everyone in life, both in the family and in the community (Faisal & Simatupang, 2021). Violence experienced by adolescents is an obstacle or obstacle to development because it will reduce their self-confidence, hinder their ability to fully participate in social activities, interfere with their mental and

physical health (Salamor & Salamor, 2022). SIMFONI –PPA data in 2022 in Indonesia recorded 27,589 cases of violence experienced, of which there were 4,634 male victims and 25,050 female victims. In the province of Bali, there were 388 cases of violence where there were 71 male victims and 342 female victims. The types of violence recorded in the SIMFONI – PPA in Bali province were 108 victims who experienced physical violence, 176 victims of psychological violence, 116 victims of sexual violence, 61 victims of neglect violence, 3 victims of exploitation violence and there were 50 victims of other violence. In this study, researchers focused on violence only on 3 aspects, namely sexual violence, physical violence and verbal violence. Because based on the results of observations made in the preliminary study, it was found that cases that often occur were sexual violence, physical violence and verbal violence. In this study, researchers focused on violence only on 3 aspects, namely sexual violence, physical violence and verbal violence. Because based on the results of observations made in the preliminary study, it was found that cases that often occur were sexual violence, physical violence and verbal violence. In this study, researchers focused on violence only on 3 aspects, namely sexual violence, physical violence and verbal violence. Because based on the results of observations made in the preliminary study, it was found that cases that often occur were sexual violence, physical violence and verbal violence.

Sexual violence is violence that refers to any sexual activity, the form can be in the form of assault or non-aggression. Sexual violence is the most evil crime after murder (Ybarra & Thompson, 2018). Sexual violence is a sexual act committed against someone without that person's free consent (Edwards & Banyard, 2018). The category of assault, causing suffering in the form of physical injury, the category of sexual violence without assault suffers from emotional trauma. Forms of sexual violence can be seduced, poked, hugged and forced, squeezed, forced masturbation, oral sex, anal sex, raped (Salamor & Salamor, 2022). This sexual violence often happens to teenagers who are often considered weak victims and this incident continues to increase every year. Other impacts besides the stress experienced by victims of sexual violence are the risk of injury from infectious diseases, reproductive problems and mental health problems (Hillis et al., 2017). Meanwhile, physical violence is torture, beating, and ill-treatment by using certain objects that cause physical injuries, for example, such as being scratched, slapped, beaten, pushed and grabbed (Fabiana Meijon Fadul, 2019). Among adolescents, physical violence and sexual violence often occur in dating teenagers (Kiekens et al., 2022). Finally, there is also verbal violence experienced by teenagers. Verbal violence is an act of verbally carrying a violent effect and resulting in very detrimental, both physical and mental, for example, such as swearing, this violence can create a feeling of disappointment in the victim (Nova & Sari, 2020).

There are several factors that cause violence in adolescents, namely, a) the family, where parents do not take an active role in their child's life, so that teenagers make friends with the wrong people, b) the media, digital communication tools and social media are also arenas that allow violence to occur in adolescents and can make them act aggressively (Augusti et al., 2023), c) peers, pressure from peers who tend to behave aggressively, dating relationships can also be a factor in dating (Valls et al., 2008), d) mental health, mental illness is also a cause of violence among adolescents, mental health problems such as ADHD, bipolar, and behavioral disorders. Teenagers who experience violence / become victims of violence will have an adverse impact on their psychological condition, where adolescents can feel that they are worthless, stressed and traumatized. Adolescents who experience stress disorder due to violent events often find it difficult to regulate emotions, especially when establishing social relations with other people, besides that adolescents are unable to manage anger, develop hostile attitudes, cannot even carry out routine tasks at home or at school and suicidal ideation. self (Widianti & Agustina, 2019). Stress disorder is a serious problem that affects all areas of a person's life (Teke & Avşaroğlu, 2021). Stress disorder is defined as a disturbance that occurs after experiencing, witnessing, or being confronted with an event that involved actual or threatened death, physical injury, or other threat to a person's physical integrity. yourself or someone else (Brewin et al., 2018). Stress due to violence triggers acute stress and chronic stress (Campbell et al., 2008). From the results of direct interviews that the authors carried out during internships at the Family Planning Population Control Service for Women's Empowerment and Child Protection (DPPKBPPPA) with victims of youth violence, the authors concluded that the stress experienced by these adolescents could be seen from the memory that suddenly appeared about experienced incidents of sexual violence, physical or verbal, nightmares reminiscent of violent incidents, feelings of hopelessness, avoiding stimuli that remind of trauma, and feeling that they are in an insecure position, this is what makes the victim feel stressed.

To complete the data from the service, the researchers also made observations at SMKN 1 Singaraja to one of the counseling teachers conducted in August for 2 weeks that there was also a lot of violence at school which turned out to make students experience stress which can be seen from students experiencing

trauma, distrust of other people, always remember the incidents of violence they experienced and feel that they are worthless which can affect their learning outcomes but this violence cannot be handled optimally by the counseling teacher, this is because the counseling teacher does not yet have a complete guide on how to handle it, this fact also This can be seen in the Dinas, where the handling of victims of violence is still only done with regular counseling without a guidebook. Therefore, seeing that there is no guidebook on violence handling, both at school and in the official office, researchers in this case will develop a cognitive behavior counseling guidebook, a website-based systematic desensitization technique to deal with stress in adolescent victims of violence.

The systematic desensitization technique is a technique or part of cognitive behavior counseling. Cognitive behavior counseling directs individuals to leave their negative thoughts / stress they are experiencing. The cognitive behavioral approach is based on the theory that cognition, emotions, and behavior interact, and that cognition influences our emotions and behavior (Smith et al., 2008). In applying the systematic desensitization technique, namely by arranging a hierarchy of stimuli that cause fear from the lowest level to the highest level. In each stimulus that generates fear, the counselee is asked to relax comfortably and relaxed (Alifia, 2021). Therefore the advantage of using the cognitive behavior counseling model with systematic desensitization techniques is that it can reduce unpleasant emotional responsiveness by calming yourself from tension so that you remain in a relaxed state. Counseling is carried out with the help of a website. This is done because judging from the different activities of the victims, counseling using the website will be more flexible and practical.

There are several studies that prove the effectiveness of the cognitive behavior counseling model of systematic desensitization techniques, including research findings conducted by (Zaimah Dalimunthe, 2018) which state that desensitization techniques are effective for dealing with student stress. The effectiveness of systematic desensitization techniques, especially in reducing stress levels, can also be found in research (Rosmawati, 2021) found that the application of desensitization techniques really helps reduce stress in nursing mothers. Research conducted by (Mulyadi, 2020) also states that cognitive behavior counseling is effectively used to reduce learning stress with the help of assertive training techniques, systematic desensitization, aversion conditioning and modeling.

Judging from previous studies that used cognitive behavior counseling with systematic desensitization techniques to deal with stress, the researchers decided to use cognitive behavior counseling with desensitization techniques to deal with the stress experienced by adolescent victims of violence. The basic assumption of Cognitive Behavior is that visible individual behavior is influenced by cognitive. According to (Beck 2011) Cognitive Behavior is a counseling model that aims to change maladaptive behavior and negative thoughts into new behaviors, it increases the adaptability and compatibility of individuals with problems (Abdollahpour et al., 2022). Cognitive behavior counseling does not only focus on changing behavior, but rather on the existence of cognitive distortions in individuals to solve problems (Habsy, 2017). Cognitive Behavior is a counseling model that is appropriate for use to treat symptoms of certain mental disorders, such as somatic disorders, depressive disorders, panic disorders, or stress disorders. (Erfanifar et al., 2022) The technique that will be used in counseling in this study is the Systematic Desensitization technique. In Cognitive Behavior counseling According to the basic assumptions of Lutfi Fauzan, the Systematic Desensitization technique is a fear response (Ryan et al., 2013). According to Brammer & Shostrom desensitization technique is a method to reduce emotional responsiveness to frightening or unpleasant stimuli by introducing an activity that is contrary to that fearful response. According to Wolpe, the systematic desensitization technique is a behavior change technique with the aim of teaching strategies to suppress anxiety and the ability to control counselees (Cookson & Stirk, 2019). From the definitions of some of the opinions above, it can be concluded that the systematic desensitization technique is a technique to help individuals reduce unpleasant emotional responsiveness by calming themselves from tension so that they are in a relaxed state and able to control themselves. The use of this technique will be supported by a website called SI – COUNSELING. This internet-based media is useful for detecting and providing relief efforts for stress and psychological problems for adolescent victims of violence. Online counseling is counseling via the internet which generally refers to professions related to mental health services through internet communication technology (Prahesti, 2017). Referring to the reviews above, researchers are interested in providing counseling services as an alternative problem solving in overcoming the stress experienced by adolescent victims of violence. Therefore researchers will carry out research with the title "Development of Website-Based Cognitive Behavior Counseling Guidelines for Systematic Desensitization Techniques to Overcome Stress in Adolescent Victims of Violence".

Method

This research is a type of development research or Research and Development (R&D). The design of this study uses the 4D (four-D) development model. The 4D model development research model consists of 4 stages, namely: define, design, develop, and disseminate or can be adopted into 4P, namely: defining, planning, developing, and disseminating. In this study, the authors conducted a quantitative study using the pre-experimental design method, type one group pretest-posttest (preliminary test, final test, single group). Dantes (2012) explained that this design is included in the pre-experimental design where there is no comparison group and randomization. The procedures for this research design were 1) conducting a pre-test, 2) giving treatment 3) conducting a post-test (Apriliana & Suranata, 2020). Arikunto (2010: 124) says that the one group pretest-posttest design is a research activity that gives an initial test (pretest) before being given treatment, after being given treatment then gives a final test (posttest). (Sugiyono, 2016). The population used in this study used students in grades X and XI at SMKN 1 Singaraja as a population of 1,006 students, while for the research subjects this development consisted of 30 people consisting of youth victims of violence which were determined using a purposive sampling technique. In this study, 5 experts were used as judges to test the product in the form of a counseling guide which consisted of 2 lecturers from the Counseling Guidance Study Program, 1 lecturer from the Educational Technology Study Program, 1 counselor at the Office of Population Control, Family Planning, Women's Empowerment and Protection. Children and 1 Counseling Teacher. For the data collection method used in this study is the Questionnaire.

The instrument used to measure the level of stress felt by victims of violence is DASS 21. Depression Anxiety Stress Scales 21 (DASS-21) is a self-report instrument that measures anxiety, depression and stress. DASS-21 is an abbreviated form of Lovibond and Lovibond's (1995) 42 item measure which was developed to cover a wide range of symptoms of anxiety, stress and depression by providing a distinction between the three constructs. (Arjanto, 2022). The DASS 21 questionnaire in this study was used only to measure the level of stress experienced by adolescent victims of violence. Testing the validity of the instrument refers to Formula Lawshe (1975), namely Content Validity Ratio (CVR) and Content Validity Index (CVI) involving 5 experts. Furthermore, to test the effectiveness of the pre-test and post-test results were analyzed using the t-test.

Results and Discussion

Results

This research is a type of research and development (Research and Development) with the product being developed in the form of a cognitive behavior counseling guideline, a website-based systematic desensitization technique to deal with stress in adolescent victims of violence. In this first stage it is carried out to identify product development needs related to the provision of guidance and counseling services. An analysis was made of the guidance and counseling work program and the needs of students. The author also distributes questionnaires that aim to find out whether SMKN 1 Singaraja students have ever experienced violence and what the impact of violence on students has been. From this questionnaire, the writer can find out the impact experienced by students who experience violence, namely stress, ranging from normal to very severe stress. The second stage in this research and development is the design stage. At this stage the activity carried out was to compile an initial draft of a cognitive behavior counseling guideline based on a website-based systematic desensitization technique. The preparation of this initial design is guided by the acquisition of the analysis carried out at the define stage. Prior to compiling this guide, a guide framework was first prepared so that the preparation of this guide could be carried out in a systematic and structured manner. The third stage is develop, at this stage it consists of two activities namely: expert appraisal and developmental testing. Expert appraisal is to validate or assess the feasibility of initial product design guidelines for cognitive behavior counseling, website-based systematic desensitization techniques to deal with stress in adolescent victims of violence. In this activity an assessment or evaluation was carried out by 2 lecturers from the Counseling Guidance study program, 1 lecturer from the Educational Technology study program, 1 Counseling Guidance practitioner at the Office of Population Control Family Planning for Women's Empowerment and Child Protection and 1 guidance counseling teacher on duty at SMA Negeri 1 Tabanan. This assessment is carried out to determine the validity of the content and the effectiveness of the guidebook. This guide validation can also aim to obtain information, criticism, and suggestions which are then used to improve the developed guide. The next activity at this stage is developmental testing which is a product trial activity on the right target subjects,

namely students. The test subjects used in this study were 30 students at Singaraja 1 State Vocational School who experienced violence, the trial was carried out by applying the guidelines that had been developed to the students who were the subject of the trial. At this trial stage also used the Dass 21 questionnaire as a measuring tool. Students are given questionnaires before (pre-test) and after (post-test) the implementation of counseling services, then the gains from (pre-test) and (post-test) are estimated using the t-test formula to determine the effectiveness of the guidelines that have been developed.

The assessment of cognitive behavior counseling guideline systematic desensitization techniques involved 5 judges. The research instrument used was a questionnaire consisting of 14 question points. The acquisition of judgments from each judges is incapacitated in the following table.

Table 1 <Expert Judging Results>

No.	Evaluation I	Evaluation II	Evaluation III	Evaluation IV	Evaluation V
1	Relevant	Relevant	Relevant	Relevant	Relevant
2	Relevant	Relevant	Relevant	Relevant	Relevant
3	Relevant	Relevant	Relevant	Relevant	Relevant
4	Relevant	Relevant	Relevant	Relevant	Relevant
5	Relevant	Relevant	Relevant	Relevant	Relevant
6	Relevant	Relevant	Relevant	Relevant	Relevant
7	Relevant	Relevant	Relevant	Relevant	Relevant
8	Relevant	Relevant	Relevant	Relevant	Relevant
9	Relevant	Relevant	Relevant	Relevant	Relevant
10	Relevant	Relevant	Relevant	Relevant	Relevant
11	Relevant	Relevant	Relevant	Relevant	Relevant
12	Relevant	Relevant	Relevant	Relevant	Relevant
13	Relevant	Relevant	Relevant	Relevant	Relevant
14	Relevant	Relevant	Relevant	Relevant	Relevant

Based on the results of calculating the CVR index for each item of cognitive behavior counseling guideline statements, the website-based systematic desensitization technique developed is valid or feasible to use, this can be seen in all the assessment points used. After obtaining the acquisition from the calculation of the CVR index, then the calculation of the content validation index (Content Validity Index) of cognitive behavior counseling guidelines is a website-based systematic desensitization technique. The CVI calculation obtained from the cognitive behavior counseling guideline for systematic desensitization techniques based on the assessment of 5 experts/experts is 1. This shows that the cognitive behavior counseling guideline for website-based systematic desensitization techniques has a content validation index (CVI) or feasibility with the Very Good category.

Regarding the normality test carried out, based on the Sig. on the Shapiro-Wilk column. The sig value means significance or may be called the p value or probability value. The values are 0.071 and 0.061 more than 0.05, so it can be said that the pre-test and post-test data are normally distributed or which means accepting H₀. Based on the results of the homogeneity test, it can also be seen that the significance value obtained is 0.768. Thus, it was found that 0.768 > 0.05. Based on the decision making of the homogeneity test, it can be stated that the data is normal or homogeneity is fulfilled. Furthermore, to test the hypothesis it is known that $\text{markSig} (0.000) < \alpha (0.05)$, means that H₀ is rejected and H₁ is accepted. This means that the implementation of the Cognitive Behavior guidebook Systematic Desensitization Technique is effective for Overcoming Stress in Adolescent Victims of Violence. Then, the magnitude of the effectiveness of cognitive behavior counseling guidelines with systematic desensitization techniques is obtained using the effect size formula which shows t count = 17.105 and ES = 3.11. So it can be said that the effectiveness of cognitive behavior counseling guidelines with website-based systematic desensitization techniques to deal with stress in adolescent victims of violence is relatively high. So it can be concluded that cognitive behavior counseling guidelines with website-based systematic desensitization techniques are effective for dealing with the stress of adolescent victims of violence.

Discussion

This development research produced a product in the form of a cognitive behavior counseling guideline, a website-based systematic desensitization technique to deal with stress in adolescent victims of violence. This guide is addressed to guidance and counseling teachers and counselors so that it can be used as a guide in the implementation of counseling services in schools and related institutions, especially to deal

with stress on adolescent victims of violence carried out through the Si-Counseling website. This guide contains instructions for using the Si-counseling application starting from the steps for registering an account for students and counselors, and the steps for participating in counseling through the Si-counseling application and the implementation time. Also, the results of this research were based on assessments carried out by 4 experts and practitioners in the field of counseling guidance and 1 expert in the field of educational technology. The systematic desensitization technique developed for cognitive behavior counseling guidelines has a very appropriate content validity index. Of the 14 instrument points used to assess content validity, the cognitive behavior counseling guideline is a systematic desensitization technique that has good validity and is valid for all of these points. There are several inputs provided by the validator, namely, using more standard language, giving red marks as instructions, and paying more attention to writing so that there are no typos. Cognitive behavior counseling guideline The systematic desensitization technique developed has a very suitable content validity index. Of the 14 instrument points used to assess content validity, the cognitive behavior counseling guideline is a systematic desensitization technique that has good validity and is valid for all of these points. There are several inputs provided by the validator, namely, using more standard language, giving red marks as instructions, and paying more attention to writing so that there are no typos. Cognitive behavior counseling guideline The systematic desensitization technique developed has a very suitable content validity index. Of the 14 instrument points used to assess content validity, the cognitive behavior counseling guideline is a systematic desensitization technique that has good validity and is valid for all of these points. There are several inputs provided by the validator, namely, using more standard language, giving red marks as instructions, and paying more attention to writing so that there are no typos.

Assessment of the content validity index of the counseling module/guide is one of the important stages in the development of counseling guidance service tools. The purpose of this assessment is carried out before it is used to carry out services for students / youth victims of violence, the counseling guidelines developed have fulfilled theoretical feasibility. Based on the acquisition of expert validation, this website-based systematic desensitization technique cognitive behavior counseling guide has a valid CVR (Content Validity Ratio) index in each of its 14 statements and a CVI (Content Validity Index) point of 1 in the very good category. Cognitive behavior counseling guidelines for the systematic desensitization techniques developed in this study can be used as instruments in the delivery of counseling guidance services in schools and related institutions so as to add facilities and infrastructure to support the counseling guidance program. In an effort to find out whether this systematic desensitization technique cognitive behavior counseling guide is effective or not, an effectiveness test was carried out in a field trial using 30 students / youth victims of violence at SMK Negeri 1 Singaraja. The effectiveness test is carried out by applying the guidelines that have been developed in the implementation of counseling guidance services, in conducting this effectiveness test the researcher uses a questionnaire as a measuring tool. This questionnaire was given before and after the application of this guide, called the pre-test and post-test. Obtaining the application of the guide in the form of a pre-test and post-test, the next step is testing using the t-test formula and obtaining gains $h_{\text{pre}} = 17.105$ and $h_{\text{post}} = 2.048$ which means $h_{\text{pre}} > h_{\text{post}}$, this study describes that the development of cognitive behavior counseling guidelines based on a website-based systematic desensitization technique is effective for dealing with stress in adolescent victims of violence.

To find out how big the discrepancy is, it is calculated using the Effect Size test formula and the results show that the magnitude of the effectiveness of Cognitive Behavior counseling services with the Systematic Desensitization technique is obtained using the effect size formula which shows $t \text{ count} = 17.105$ and $ES = 3.11$. So it can be said that the effectiveness of cognitive behavior counseling with website-based systematic desensitization techniques to deal with stress in adolescent victims of violence is relatively high. So it can be concluded that cognitive behavior counseling with website-based systematic desensitization techniques is effective for dealing with stress in adolescent victims of violence. When conducting research, researchers found findings that there are factors that cause violence in adolescents such as a) family, where parents do not take an active role in their children's lives, so that teenagers make friends with the wrong people, b) the media, violence in the media can affect teenagers and can make them act aggressively, c) peers, pressure from peers who tend to behave aggressively, d) mental health, mental illness is also a cause of violence among adolescents, mental health problems such as bipolar, and behavioral disorders. This is in line with what was stated by (Azdahar Alwi, 2017) where the factors that cause violence occur, namely family factors, peers and communities such as gangs. In addition, the researchers found that the school had never conducted counseling using the website, where this can make it easier for BK teachers and students to carry out counseling in accordance with the agreed conditions and times outside of school hours. This is in line

with what was stated by (Aswir & Misbah, 2018) where conducting counseling using the website will make it easier for guidance counselors and students to conduct counseling without disturbing class hours.

The results of the guidance and counseling services provided to students/adolescent victims of violence at SMKN 1 Singaraja by applying the guidelines that have been developed show that in the guidance and counseling services conducted at the first meeting, many students are still experiencing stress due to the violence they experienced. After the next meeting, the students carried out the treatment which was carried out independently with a systematic desensitization technique, the video tutorial of which was already available in the Sikonseling application. This treatment is carried out 2-3 times a week. After the 6th meeting, students/adolescent victims of violence felt something different within themselves, such as when remembering incidents or incidents of violence that had been experienced before, students/adolescent victims of violence have started to calm down.

Based on the result of his study the following suggestions are recommending use cognitive behavior counseling guidelines systematic desensitization techniques to deal with stress in adolescent victims of violence, as a guide in carrying out counseling service activities at schools. Students to be able to apply the systematic desensitization technique that has been given by the author to overcome the stress experienced. For other researchers, there is a need for further development research regarding cognitive behavior counseling guidelines for website-based systematic desensitization techniques for aspects that have long become newer.

Conclusion

Based on this development research, it was concluded that this development research produced a product in the form of a cognitive behavior counseling guide based on a website-based systematic desensitization technique to deal with stress in adolescent victims of violence. The development research procedure was carried out using the 4D model consisting of 4 stages, namely: define, design, develop, and disseminate. However, at the dissemination stage it only reached the publication of the article. The product is in the form of a website-based systematic desensitization counseling guide to cognitive behavior counseling to deal with stress in adolescent victims of violence, can be used as a guideline or instrument for guidance and counseling teachers/practitioners to carry out the guidance and counseling service process in schools and in related institutions to accommodate students and victims of violence who face problems, especially dealing with stress. Based on validation obtained by experts, it is known that cognitive behavior counseling guidelines are website-based systematic desensitization techniques developed with the acquisition of CVR=14 and CVI=1. This proves that the website-based systematic desensitization technique developed for cognitive behavior counseling guidelines is categorized as very good. Thus the cognitive behavior counseling guideline for the website-based systematic desensitization technique developed in this study has met the content validity criteria to be used as an instrument in the implementation of counseling guidance services in schools and institutions. Based on the effectiveness test that has been carried out using 30 students at SMK Negeri 1 Singaraja as respondents, and using the one group pre-test and post-test design types. With this the gain from this effectiveness test can be obtained $t_{hitung} = 17.105$ and $t_{tabel} = 2.048$ which means $t_{hitung} > t_{tabel}$. So this finding shows that the use of cognitive behavior counseling guidelines on website-based systematic desensitization techniques is effective for dealing with stress in child victims of violence. Based on the application of this guide, there are also several situations where the ineffective application of cognitive behavior counseling guidelines, website-based systematic desensitization techniques to deal with stress in victims of violence, can be used as a study for future researchers when conducting similar research. As can be anticipated, the application of this guide becomes less effective if it is implemented on many students at once, because the application of this guide requires consistency from both the counseling teacher and students in the implementation of the counseling service process.

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