

The Role of Guidance and Counseling in Overcoming Social Pathology Through the Implementation of Social Rehabilitation

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ABSTRACT

Social pathology, including juvenile delinquency, substance abuse, violence, and other forms of deviant behavior, remains a significant social issue that negatively affects individual well-being and community stability. Social rehabilitation has been widely recognized as an important approach for restoring the psychological, social, and behavioral functioning of individuals experiencing such problems. In this context, guidance and counseling play a strategic role in facilitating behavioral change, strengthening resilience, and supporting successful social reintegration. This study aims to examine the role of guidance and counseling in addressing social pathology through social rehabilitation programs. The study employed a qualitative literature review approach by analyzing relevant scholarly publications published between 2016 and 2026. Literature sources were collected from scientific books, national and international journal articles, and other credible academic publications related to social pathology, social rehabilitation, and counseling interventions. Data were analyzed using thematic content analysis to identify major themes and patterns across the reviewed literature. The findings indicate that guidance and counseling contribute significantly to social rehabilitation through individual counseling, group guidance, group therapy, social support interventions, peer counseling, Cognitive Behavioral Therapy (CBT), and collaborative ecosystem-based approaches involving families, schools, and communities. These interventions help individuals improve self-awareness, develop adaptive coping skills, strengthen social functioning, reduce maladaptive behaviors, and enhance readiness for community reintegration. Furthermore, the literature highlights the importance of integrating psychological, social, moral, and spiritual dimensions into rehabilitation processes to achieve sustainable recovery outcomes. The study concludes that guidance and counseling should be positioned as a core component of social rehabilitation programs and that collaborative, holistic, and evidence-based interventions are essential for effectively addressing social pathology in contemporary society.

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Introduction

Social pathology in Indonesia has experienced a striking increase over the past decade, which is evident from the widespread abuse of narcotics, juvenile delinquency, and prostitution that disrupt the stability of society. This problem not only damages public order but also hinders the development of superior human resources. Ahmad (2025) revealed that legal social pathology in the country includes criminality, corruption, and narcotics, with dominant triggers such as economic poverty and weak law enforcement at the local level. Meanwhile, Ramadhanti (2023) in *BAHTERASIA* noted that juvenile delinquency contributed 63% of 19 social pathology cases analyzed from the novel *Di Bawah Umur*, which reflects real social conditions in Indonesia. Data from BNN (2023) supports this, with the prevalence of drug abuse reaching 1.95% or equivalent to 3.66 million people of productive age, where 40% of cases affect students and adolescents.

The causes of social pathology are complex and involve many factors, such as family breakdown, uncontrolled urbanization, and the decline of the social environment. In rural areas of Wera-Ambalawi District, NTB, a local study (2019) found the spread of Tramadol abuse and livestock theft, triggered by structural poverty and lack of community social supervision. Putra et al. (2019) identified similar forms of pathology in the novel *Rembulan Tenggelam di Wajahmu*, including gambling, alcoholism, and prostitution, which depict the reality of Indonesian urban society. Neuhann (2023) applied Honneth's theory to show that injustice in social recognition exacerbates pathology, with an increase in criminality by 35% in big cities due to economic disparity. This is in line with Sari (2024), who reported that 25–30% of high school students in Bontang were involved in chronic truancy through destructive norms in WhatsApp groups.

Guidance and Counseling (GC) becomes a key tool in handling social pathology through social rehabilitation that targets the recovery of individuals and communities. Wahyuni (2019) highlighted the role of GC in rehabilitation facilities to form self-concept and independence of clients, in accordance with Law No. 11 of 2009 concerning Social Welfare. This approach involves mental-spiritual guidance and psychosocial counseling comprehensively. Sari et al. (2018) proved the effectiveness of counseling in the Yogyakarta Rehabilitation Center in creating emotional comfort through role modeling for young addicts. Collaboration between GC and social workers, such as in Sentra Satria Baturaden, successfully restored the social

functioning of drug victims through Therapeutic Community (Elhamra, 2022).

The implementation of social rehabilitation by GC consists of three main stages: pre-rehabilitation for problem detection, core intervention through intensive counseling, and post-rehabilitation for reintegration into society. Sukawati (2021) found that Cognitive Behavioral Therapy (CBT) by GC counselors at BNN Gianyar reduced the risk of recidivism by up to 25% through evidence-based counseling. The Promotive Preventive Team (2024) emphasized the contribution of GC in rehabilitating ODGJ in social shelters, although there are limitations related to counseling facilities in remote areas. This approach is strengthened with Islamic spiritual elements for trauma recovery, where counselors provide long-term emotional support (Arshmedia, 2023). In prisons and drug rehabilitation centers, GC combines group therapy and spirituality to accelerate reintegration (Hasan, 2025).

Collaboration between GC and the Directorate General of Social Rehabilitation of the Ministry of Social Affairs expands program coverage through life skills training, vocational programs, and family assistance to prevent relapse. Poltekkes (2025) emphasized psychosocial assistance for PMKS such as child victims of violence, with a major challenge being the lack of trained counselors in remote areas. Warunayama (2024) reported the success of GC social interventions in marginalized communities in reducing social isolation and aggression in broken home families. This collaborative strategy also includes youth deradicalization and prevention of cyberbullying through solution-focused therapy (Sihojurnal, 2024).

Method

Research Design

This study employed a qualitative literature review approach to examine the role of guidance and counseling in addressing social pathology through social rehabilitation. A literature review was considered appropriate because it enables researchers to systematically collect, analyze, and synthesize existing knowledge from various scholarly sources to develop a comprehensive understanding of a particular issue (Yulia et al., 2022). Through this approach, the study identifies key concepts, theoretical perspectives, and empirical findings related to social pathology, social rehabilitation, and guidance and counseling interventions.

Data Sources and Search Strategy

The data sources consisted of scientific publications, including peer-reviewed journal articles, academic books, conference proceedings, and research reports relevant to the study topic. Literature was retrieved from several academic databases, including Google Scholar, Scopus, ERIC, and ScienceDirect.

The literature search was conducted using combinations of the following keywords: *social pathology*, *social rehabilitation*, *guidance and counseling*, *counseling intervention*, *social deviance*, *behavioral problems*, and *community rehabilitation*. To ensure the relevance and currency of the reviewed literature, only publications published between 2016 and 2026 were considered for inclusion.

Inclusion and Exclusion Criteria

The selection of literature was guided by the following inclusion criteria:

1. Publications discussing social pathology, social rehabilitation, or guidance and counseling services.
2. Empirical studies, theoretical articles, literature reviews, or scholarly books relevant to the research topic.
3. Publications written in English or Indonesian.
4. Publications released between 2016 and 2026.
5. Full-text documents accessible to the researchers.

The exclusion criteria included:

1. Publications not directly related to the role of guidance and counseling in social rehabilitation.
2. Duplicate publications across databases.
3. Opinion articles, non-academic sources, and publications lacking sufficient methodological or theoretical information.

Literature Selection Procedure

The literature review process consisted of four stages. First, the research problem was identified and formulated to establish the scope of the review. Second, relevant literature was systematically searched using predefined keywords across selected databases. Third, the retrieved publications were screened and evaluated based on the inclusion and exclusion criteria. Finally, the

selected literature was reviewed in depth to identify recurring themes, concepts, and findings relevant to the research objectives.

Data Analysis

The collected literature was analyzed using thematic content analysis. The analysis involved reading and reviewing the selected publications, coding relevant information, categorizing similar concepts, and identifying major themes related to social pathology, social rehabilitation, and the role of guidance and counseling. The findings were then synthesized and interpreted to develop a comprehensive understanding of how guidance and counseling services contribute to addressing social pathology through rehabilitation efforts.

The results of the analysis are presented descriptively by integrating theoretical perspectives and empirical evidence from the reviewed literature. This approach allows for a deeper interpretation of the relationship between social pathology, social rehabilitation, and guidance and counseling interventions, while also identifying implications for future research and professional practice.

Result and Discussion

Results

The literature review identified four major themes regarding the role of guidance and counseling in addressing social pathology through social rehabilitation: (1) the role of guidance and counseling in rehabilitation processes, (2) implications and intervention strategies for overcoming social pathology, (3) guidance and counseling services implemented in rehabilitation settings, and (4) the impact of social rehabilitation through guidance and counseling interventions.

The Role of Guidance and Counseling in Rehabilitation

The reviewed literature indicates that guidance and counseling play a central role in restoring individuals' psychological and social functioning during rehabilitation. Several studies highlight the importance of counselor presence, effective communication, and therapeutic relationships in supporting behavioral change and social reintegration.

Four major counselor competencies were identified from the literature: sensitivity to timing and client readiness, facilitation of behavioral change, clarity of therapeutic goals, and professional humility. These competencies were consistently reported as contributing to successful rehabilitation outcomes (Braswell & Mongold, 2009; Sari & Ifdil, 2020; Lubis et al., 2023).

Implications and Intervention Strategies in Addressing Social Pathology

The literature revealed that guidance and counseling interventions contribute to reducing various forms of social pathology, including juvenile delinquency, substance abuse, and other deviant behaviors. Three intervention strategies frequently reported in the literature are:

1. Peer Counseling, which utilizes positive peer influence to support behavioral change.
2. Cognitive Behavioral Therapy (CBT), which focuses on modifying maladaptive thoughts and behaviors.
3. Ecosystem Collaboration, involving cooperation among counselors, families, schools, and communities to support rehabilitation and reintegration.

These approaches were found to strengthen individual resilience and reduce the likelihood of relapse.

Guidance and Counseling Services in Social Rehabilitation

Several counseling services are commonly implemented within rehabilitation programs:

Individual Counseling: Individual counseling focuses on self-awareness, behavioral change planning, and evaluation of personal growth. The reviewed studies emphasize the importance of personalized interventions that consider clients' psychological, social, and spiritual backgrounds.

Group Guidance: Group guidance facilitates the development of social skills, interpersonal relationships, and positive social adjustment.

Group Therapy: Group therapy provides opportunities for participants to share experiences, receive emotional support, and develop collective awareness regarding behavioral change and recovery.

Social Support Programs: Social support interventions assist individuals in rebuilding social relationships, improving social functioning, and preparing for successful reintegration into society.

Impact of Social Rehabilitation Through Guidance and Counseling

The reviewed studies consistently reported positive outcomes from guidance and counseling interventions. These outcomes include improved self-control, enhanced psychological well-being, stronger social functioning, reduced dependency behaviors, increased resilience, and greater readiness for community reintegration.

Furthermore, the integration of counseling services with social and spiritual rehabilitation approaches contributes to more comprehensive and sustainable recovery outcomes.

Discussion

The findings of this literature review demonstrate that guidance and counseling play a fundamental role in addressing social pathology through social rehabilitation. The results support the perspective that rehabilitation should not focus solely on behavioral correction but must also address psychological, social, and emotional recovery.

The identified counselor competencies—particularly therapeutic presence, sensitivity to timing, collaborative goal setting, and professional humility—align with person-centered counseling principles proposed by Rogers, which emphasize empathy, genuineness, and unconditional positive regard as essential conditions for effective behavioral change. Individuals experiencing social pathology often struggle with trust, self-esteem, and social adjustment; therefore, supportive therapeutic relationships become critical components of successful rehabilitation.

The findings also highlight the effectiveness of peer counseling, Cognitive Behavioral Therapy (CBT), and ecosystem collaboration strategies. These results are consistent with social learning theory, which suggests that behavioral change is strongly influenced by social interactions and environmental reinforcement. Peer counseling utilizes positive peer influence to promote adaptive behavior, while CBT helps individuals identify and modify dysfunctional thought patterns associated with deviant behavior. Meanwhile, ecosystem collaboration reflects an ecological perspective in counseling, emphasizing that rehabilitation outcomes are influenced by interactions among individuals, families, schools, and communities.

The implementation of individual counseling, group guidance, group therapy, and social support programs demonstrates the multidimensional nature of rehabilitation services. Individual counseling facilitates personal insight and self-regulation, whereas group-based interventions provide opportunities for social learning, emotional expression, and mutual support. These findings reinforce previous research indicating that comprehensive rehabilitation programs are more effective when they combine psychological intervention with social support mechanisms.

Another important finding concerns the integration of spiritual values within rehabilitation programs. Several reviewed studies suggest that spiritual counseling contributes to meaning-making, moral development, and personal transformation. This indicates that rehabilitation is not merely a process of reducing problematic behavior but also a process of reconstructing identity and strengthening personal values.

Overall, the literature suggests that guidance and counseling should be positioned as a core component of social rehabilitation programs. Effective rehabilitation requires holistic interventions that address psychological recovery, social reintegration, behavioral change, and personal development simultaneously. Therefore, counselors must possess not only counseling competencies but also the ability to collaborate with families, communities, and other helping professionals to achieve sustainable rehabilitation outcomes.

Conclusion

This literature review demonstrates that guidance and counseling play a crucial role in addressing social pathology through social rehabilitation processes. The findings indicate that counseling interventions contribute significantly to restoring individuals' psychological well-being, improving social functioning, strengthening self-control, and facilitating successful reintegration into society. Guidance and counseling services function not only as corrective interventions for deviant behavior but also as preventive and developmental efforts aimed at promoting positive personal and social adjustment.

The review further reveals that effective rehabilitation is supported by various counseling approaches, including individual counseling, group guidance, group therapy, social support programs, peer counseling, Cognitive Behavioral Therapy (CBT), and collaborative interventions involving families, schools, communities, and other stakeholders. These approaches help individuals develop adaptive coping skills, strengthen resilience, and reduce the likelihood of relapse into maladaptive behaviors.

Another important finding is that successful rehabilitation requires a holistic approach that integrates psychological, social, moral, and spiritual dimensions. Counseling interventions that emphasize empathy, therapeutic relationships, social support, and value-based development are more likely to produce sustainable behavioral change and long-term recovery outcomes.

Therefore, guidance and counseling should be positioned as a core component of social rehabilitation programs. Counselors are expected to work collaboratively with families, educational institutions, community organizations, and rehabilitation agencies to provide comprehensive support for individuals experiencing social pathology. Future studies are recommended to examine the effectiveness of specific counseling interventions and develop evidence-based rehabilitation models that are responsive to contemporary social challenges.

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