

A Digital-Based Islamic Guidance and Counseling Service Model: The HiDende Application Innovation for Building a Sexual-Violence-Free Campus

Syamsul Hadi¹, Dwi Widarna Lita Putri²

Islamic Counseling Guidance Study Program, Faculty of Da'wah and Communication Sciences, Universitas Islam Negeri Mataram, Indonesia¹

Early Childhood Islamic Education Study Program, Faculty of Tarbiyah and Teacher Training, Universitas Islam Negeri Mataram, Indonesia²

Email: syamsulhadi@uinmataram.ac.id¹, litaputri@uinmataram.ac.id²

Correspondent Author: Syamsul Hadi, syamsulhadi@uinmataram.ac.id

Doi: 10.31316/g-couns.v10i02.8219

Abstract

Cases of sexual violence continue to occur in higher education institutions in Indonesia, with 1,011 cases reported across sixteen campuses, including universities in West Nusa Tenggara. Given this condition, this study is important to conduct by developing a digitally based Islamic Guidance and Counseling service model, in the form of the HiDende application, to support the creation of a campus free of sexual violence. This research aims to develop a model for the prevention and handling of sexual violence through digital-based Islamic Guidance and Counseling services using the HiDende application. The study employs a Research and Development approach with the ADDIE design. The results yield a digitally based Islamic Guidance and Counseling service model, namely the HiDende cybercounseling application. Research findings indicate that the application integrates preventive strategies through interactive educational content and curative services through anonymous counseling with psychologists. The study concludes that the HiDende Mobile App provides a practical and adaptive digital Islamic Guidance and Counseling service model. The implications suggest that HiDende can serve as a strategic digital solution for universities in preventing and addressing sexual violence effectively and sustainably.

Keywords: islamic guidance and counseling, digital counseling, hidende application, sexual violence, college

Abstrak

Kasus kekerasan seksual masih terjadi di lingkungan Perguruan Tinggi di Indonesia. Data menunjukkan terdapat 1.011 kasus kekerasan seksual tersebar di enam belas kampus termasuk perguruan tinggi di Nusa Tenggara Barat. Berdasarkan kondisi tersebut, penelitian ini penting dilakukan melalui pengembangan model layanan Bimbingan dan Konseling Islam (BKI) berbasis digital berupa inovasi aplikasi HiDende untuk membangun kampus bebas kekerasan seksual. Penelitian ini bertujuan mengembangkan model pencegahan dan penanganan kekerasan seksual melalui layanan Bimbingan dan Konseling Islam berbasis digital menggunakan aplikasi HiDende. Metode penelitian yang digunakan adalah Research and Development desain ADDIE. Hasil penelitian menghasilkan model layanan Bimbingan dan Konseling Islam berbasis digital dalam bentuk aplikasi cybercounseling HiDende. Temuan penelitian pada aplikasi ini mengintegrasikan pendekatan preventif melalui edukasi interaktif dan kuratif melalui layanan konseling sehingga disimpulkan pengembangan model layanan Bimbingan dan Konseling Islam berbasis digital berbasis Mobile App HiDende tersedia dalam bentuk aplikasi praktis yang bisa digunakan sesuai kebutuhan. Implikasi penelitian menunjukkan bahwa aplikasi HiDende dapat menjadi solusi digital strategis bagi perguruan tinggi dalam mencegah dan menangani kekerasan seksual secara efektif dan berkelanjutan.

Kata Kunci: bimbingan konseling islam, konseling digital, aplikasi hidende, kekerasan seksual, perguruan tinggi

Article info

Received July 2025, Revised December 2025, Accepted January 2026, Published January 2026



INTRODUCTION

Sexual violence is a form of forced sexual relations. Therefore, sexual violence is a manifestation of deviant and inappropriate sexual behavior that can cause harm and destroy peace (Abdul & Muhammad, 2021). Sexual violence is an act that degrades and humiliates a person's dignity and integrity, committed because of the gender and power relationship between the perpetrator and the victim. Sexual violence occurs not only in the domestic sphere but also in public spaces. Various forms of sexual violence can occur anywhere and affect anyone, both in private spaces (home, school, campus) and in public spaces (streets, markets, terminals, airports). Although there are various national and international legal instruments that can protect victims from sexual violence, in reality, sexual violence continues to occur, like the tip of an iceberg. Cases of sexual violence also often occur in higher education institutions (both public and private universities). Socio-cultural aspects have a significant influence on individuals' attitudes towards social behavior and norms (Hedo, et al. 2021). All parties, especially the government, must be involved in providing services in these cases. Safe spaces, education, and understanding of sexual violence crimes (Siaran Pers dari Komisi Nasional Anti Kekerasan terhadap Perempuan, 2022) are some of the concrete steps taken by the government to ensure public safety.

On October 1, 2019, Director General of Islamic Education Kamaruddin Amin issued guidelines for the prevention of sexual violence, citing data on 1,011 cases of sexual violence spread across sixteen campuses in Indonesia, compiled from sixteen Gender and Child Studies Centers spread across all Islamic Higher Education Institutions in Indonesia, including universities in NTB (Harwati & Putri, 2022). The details of sexual violence cases in NTB amounted to 188 cases per year in 2022, of which 132 cases were rape and 56 cases were molestation. The following data is based on a survey conducted by the Ministry of Education and Culture in July 2023, which found 65 cases of sexual violence in higher education institutions, indicating a low level of awareness and poor handling mechanisms. Meanwhile, the National Commission on Violence Against Women recorded 82 cases of sexual violence in higher education institutions between 2021 and 2024. In response to various instances in the education sector, several efforts continue to be made to reduce the likelihood of similar cases. The Indonesian Ministry of Religious Affairs issued Regulation No. 73 of 2022 concerning the Prevention and Handling of Sexual Violence in Educational Units under the Ministry of Religious Affairs. The 2022 Minister of Religious Affairs Regulation is one of the efforts made by the Ministry of Religious Affairs that focuses on cases of sexual violence.

Cases of sexual violence in higher education institutions are dominated by nonverbal sexual harassment, harassment through physical contact, and harassment through social media. The impact of sexual violence in higher education institutions has many consequences for the physical and psychological health of students, such as feelings of fear, stress, emotional disturbances (characterized by symptoms ranging from anxiety to depression), irritability, impulsivity, acute insomnia, and loss of self-awareness. Victims of adolescent sexual violence experience serious psychological impacts such as trauma and emotional disorders (Murtadho & Hilmawan, 2022). In addition, there are also feelings of loss of self-esteem and self-confidence, reliving traumatic events through dreams, thoughts, and images, experiencing feelings of overwhelm due to traumatic events, withdrawal and isolation, and the use of psychoactive substances and/or alcohol and the like. Furthermore, the traumatic impact of sexual violence is not only psychological but also directly affects academic performance in school or university.



Sexual violence is a problem that occurs not only in public institutions but also commonly in society, especially in higher education. Sexual violence in higher education is caused by essential variables such as power, social structure, and the purpose of power. The combination of these three variables can trigger the intention to commit sexual violence.

According to data from the Ministry of Women's Empowerment and Child Protection, there were 29,883 cases of violence recorded throughout 2023, with 13,156 cases of sexual violence being the most common type. Sexual violence also occurs most frequently on college campuses. According to data from the Ministry of Women's Empowerment and Child Protection as of April 2024, there were 2,681 cases of sexual violence in higher education settings. This data represents actual cases that occurred in higher education settings. Victims in these cases are at risk of psychological, mental, and emotional distress. Regulations on handling sexual violence in Indonesia require a comprehensive policy approach (Kusuma, 2023). It is important to protect the human rights of victims and provide ongoing support (Wahid & Irfan, 2021). Other data also shows that there are male victims. A literature review shows that sexual violence against boys is often hidden and underreported (Urbayatun & Rahman, 2022). This data concludes that both men and women have the potential to be victims.

The negative impact felt by victims of sexual violence will undoubtedly throw their lives off balance. This has the potential to worsen their personal circumstances. Victims of sexual violence need help, protection, and a place to report incidents that are protected by law. Several literature references have conducted similar studies related to the development of media to handle and prevent cases of sexual violence, including a sexual violence reporting application called HiCare for Android and iOS. The method used in the development of this software is the Software Development Life Cycle (SDLC), with several stages, including system planning (Rizqullah & Utami, 2023). The Android-based sexual violence reporting application uses a prototype model, namely the Sexual Violence Reporting Application (Sudjud & Akbar, 2022). Online counseling increases the accessibility and flexibility of services (Amalianita, 2017). Other studies also mention that campuses need comprehensive and easily accessible sexual health services (Eisenberg, et al. 2012), so it is on this basis that important development research is carried out.

Analysis of data mapping sexual violence involving 1,209 respondents from academia (Harwati & Putri, 2022). The presentation of the research results shows that patterns of sexual violence on campus involve gender factors, with men being the most frequent perpetrators of sexual violence. The forms of sexual violence experienced include verbal, physical, and information and communication technology-based sexual violence. Of these three forms of sexual violence, verbal sexual violence is the most common compared to other forms of violence. Planned and empathetic therapeutic communication plays a very important role in handling victims of sexual violence (Rosyana & Yunisingsih, 2023), and collaboration is important as an effort to prevent and handle cases in the future.

Physical sexual violence can include hugging, embracing, touching, inviting or forcing someone to have sex, pressing the perpetrator's body against the victim's body, sexual intimidation (including threats of rape and rape), kissing, groping, and forcing contraception and sterilisation. Verbal violence includes whistling, clapping, inappropriate or rude gestures, and making sexual sounds or gestures (such as winking, finger gestures, licking lips, sticking out the tongue, etc). For example, see the types of sexual violence that occur through information and communication technology, such as:



receiving obscene text messages or chats with sexually suggestive language; sending or showing pornographic or sexually explicit photos or images; being forced to communicate continuously through chat or video, causing the victim to feel pressured and unsafe; and displaying the perpetrator's sexual organs through digital media.

Online counseling is a professional counseling practice in which the client and counselor are in separate locations and communicate via the internet (Jerizal & Hanung, 2017). Online counseling can be broadly defined as a professional counseling practice in which the client and counselor are in separate locations and communicate via the internet (Jerizal & Hanung, 2017). It has also been noted that social media is effective for sexual education in educational settings (Hakim, 2019). The use of websites, email, and WhatsApp is common as channels for online counseling in Indonesia. Cybercounseling is a counseling model that is relevant to the millennial generation (Kirana, 2019). However, there is no specific application designed for online counseling to treat victims of sexual violence. Researchers developed a prototype Android mobile application-based cybercounseling application to handle cases of sexual violence in higher education institutions. This application is called "Hi Dende." Hi Dende is taken from the word "Dende," which is a term for noblewomen from the Sasak tribe in Lombok, NTB.

Islamic Counseling Services are prevention and treatment services used in this study, particularly digital counseling (cybercounseling). This study developed an innovative Android mobile app-based cybercounseling service with two main features: public services and priority services. These features are intended as initial measures to address and prevent sexual violence in higher education institutions. The advantage of the application developed by the researchers is its user-friendliness: it is Android-based and accessible on all smartphones. Thus, the research objective of creating a university free from sexual violence can be realized through the developed application. Through the Hi Dende cybercounseling application, efforts to handle and prevent cases of sexual violence, especially on campus, will be greatly assisted in the process of reporting and handling cases of sexual violence.

METHOD

Research and Development (R&D) is used to produce and evaluate a product's effectiveness through systematic, measurable research procedures (Sugiyono, 2019). The R&D method has characteristics that differ from other types of research. Development research generally involves the design, development, testing, and validation of products. Product design and development are based on needs analysis, which is informed by an analysis of previous products. The results of this analysis form the basis for developing or introducing new products (Marinu, 2024). The research model used in this study is the ADDIE model, which stands for Analyze, Design, Develop, Implement, and Evaluate. This model was developed in the 1970s and is often used in product development and design (Marinu, 2024). ADDIE is a cycle used to develop information systems that aim to solve problems effectively. The specifications of this model include analysis, design, development, testing, software implementation, and evaluation. Carey explains that systematic instructional design provides a structured framework for product or program development to align with objectives, user needs, and ongoing evaluation (Dick et al, 2009). Researchers used this model because the study produced a finished product: a mobile application. Product Development (Product Validation).



Table 1.
ADDIE Model Research Development Design

Component	Activity Design
Analysis	Analysis is conducted to obtain information about user requirements for mobile applications. Methods include observation, surveys, and interviews.
Design	Design planning is carried out to prepare hardware requirements for creating a prototype of the software system that will be developed.
Development	Software development is divided into small modules that will be combined in the next stage.
Implementation	Testing the mobile application to identify deficiencies in the developed application.
Evaluation	Evaluation of improvements to the deficiencies found. Moreover, ongoing maintenance includes error correction, application implementation, application menus, and system adjustments to the application as needed.

The instruments used in the study included expert validation sheets covering material testing, media testing, and language testing, which were used to develop a prototype of a mobile Android cybermedia application. The second instrument is an implementation observation sheet used by researchers to measure product testing, including how the product is used, user responses, and the functions of the features developed by researchers. These two instrument models were selected to ensure that the research conducted was consistent with the researchers' development objectives.

RESULTS AND DISCUSSION

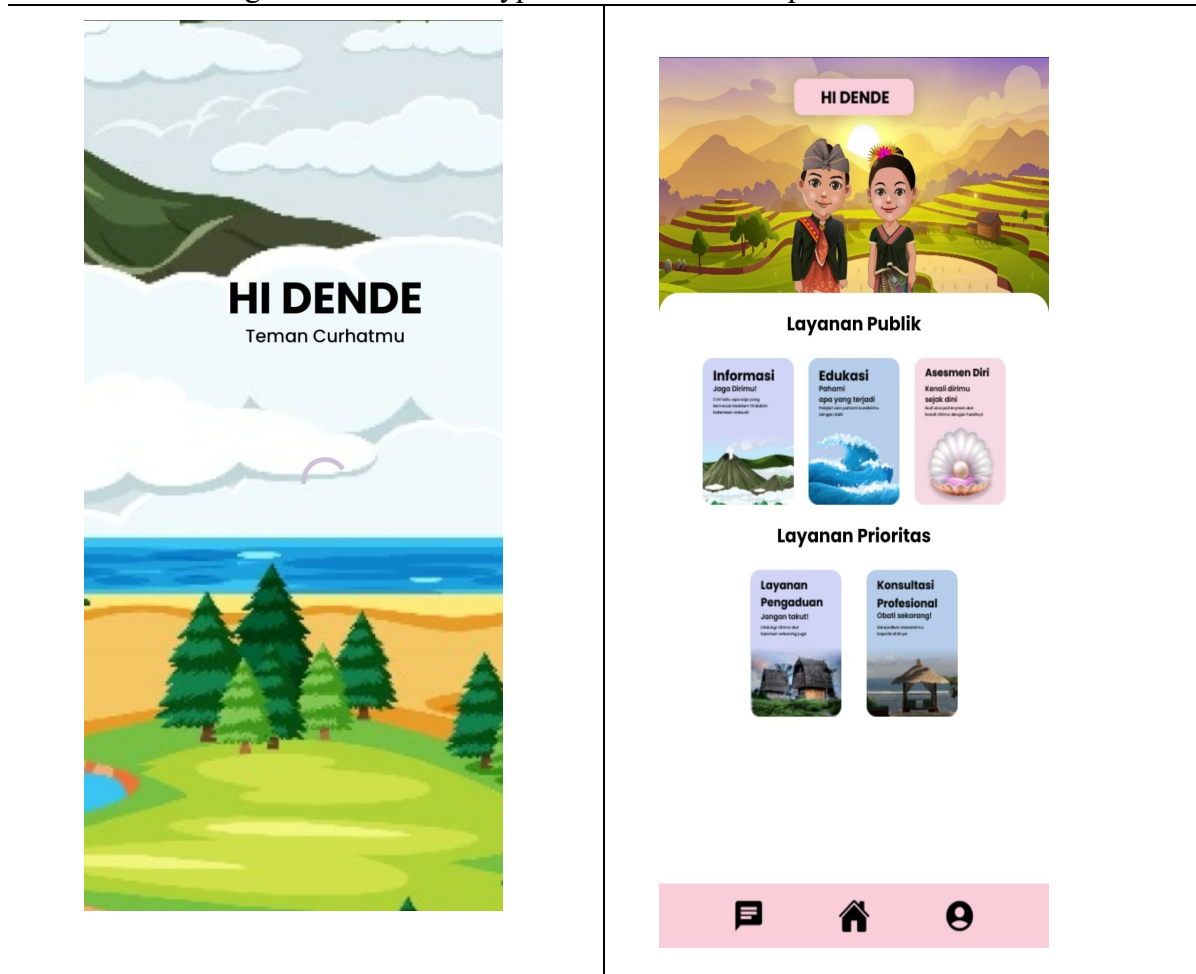
Results

Researchers' development of the Hi Dende application has progressed through stages based on the methods employed. Researchers involved subjects (users) in measuring the expected outcomes of the development process. There are five main aspects that researchers developed as measuring tools to see the suitability and achievements in realising a campus free of sexual violence in the campus environment. These aspects include:

The first innovation of the application is the display quality, which includes display indicators on the menus in Hi Dende. Second is software engineering, which involves deploying the application to users' Android smartphones. Third, information presentation assesses the adequacy of information on sexual violence in the application, enabling users to use it as a reference. Fourth, ease of access to the application.



Table 2.
Image of Service Prototype on the HiDende Application



Tools available on the HiDende cybercounseling application. The initial, naturalistic display depicts a prototype of a prototype, using a combination of positive colours. Next, users will find five menus divided into public services (information, education, self-assessment) and priority services (complaints and professional consultation). Users can select the menu according to their needs. The researcher organized these categories into preventive and curative affirmations for the HiDende cybercounseling application.

The following is user data for the HiDende application recorded in the researchers' database. This data includes the number of users, user age, user semester clusters, and problem data. Based on the data below, the HiDende innovation provides users with easy access to actively and independently seek solutions to sexual violence-related problems across both the public services menu and the priority services menu.

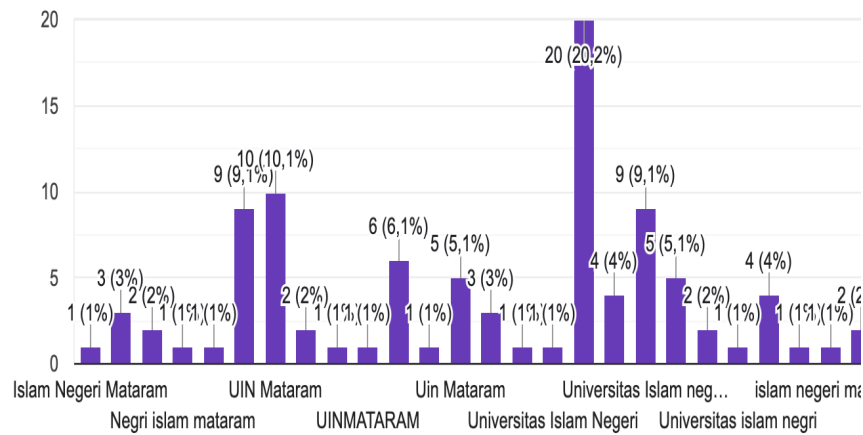


Graph 1.
 HiDende Application User Data

Universitas :



99 jawaban



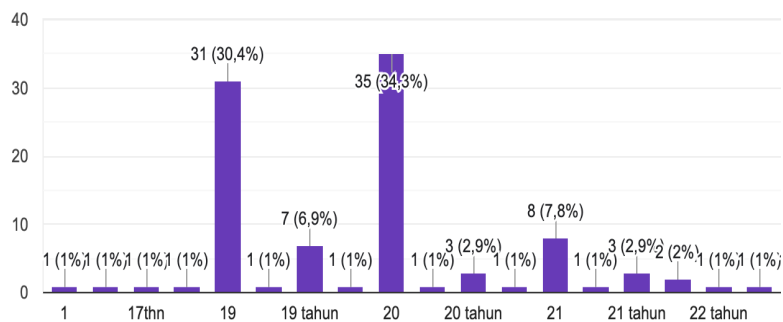
The database records show that there are 102 users. Moreover, 99 users accessed the application up to the priority service stage.

Graph 2.
 HiDende application user data

Usia :



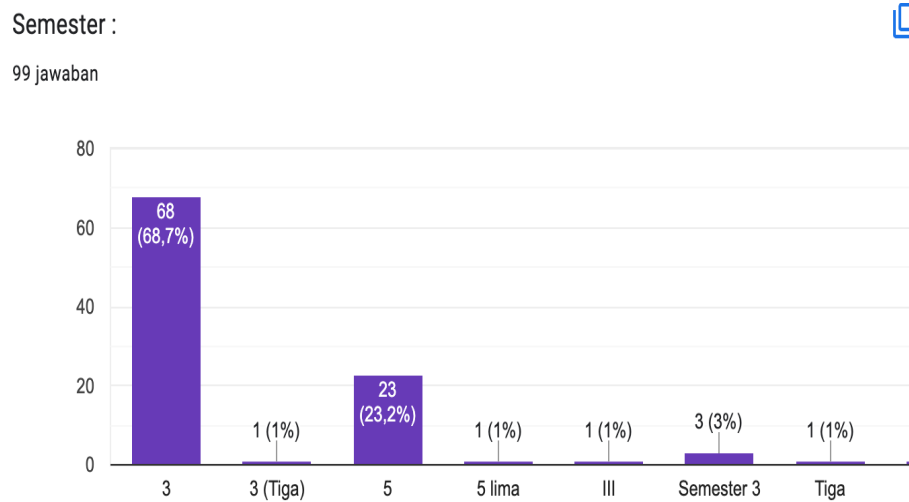
102 jawaban



Distribution of the age matrix of HiDende application users. The average user is still a teenager and an active student at UIN Mataram.



Graph 3.
 HiDende Semester Distribution User Data



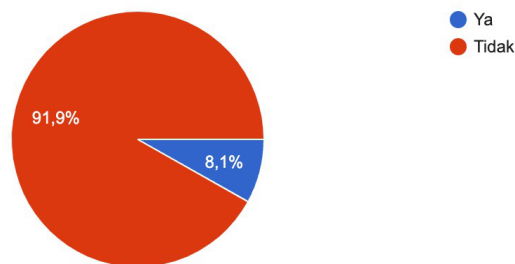
The distribution of students who use the HI Dende application is students who are in the middle semesters, namely semesters 3 and 5.

Graph 4.
 Types of Complaints Received from HiDende Users

Form Keluhan

Apakah ada keluhan kesehatan mental yang dialami berkaitan dengan kekerasan seksual pada saat ini?

99 jawaban



In this matrix, 8.1% of the total 99 users submitted complaints received from Hi Dende users.

The data above are user complaints regarding the HiDende cybercounseling application. There are several complaints submitted by users, including childhood experiences, experiences of potential sexual violence with a partner, and other fears related to sexual violence. From the data above, several conclusions can be drawn that the sexual violence experienced by victims comes from people close to them, including family, close friends (partners), and the neighbourhood.



The HiDende application features that facilitate user interaction. Researchers conducted a comparison involving several research results that developed similar applications related to the prevention of sexual violence. There are significant differences, including the appearance of the main menu. HiDende's appearance employs bright colours to reinforce positive psychological effects for users. Each menu in HiDende is adapted to the cultural diversity and characteristics of the West Nusa Tenggara region. Finally, a priority service menu provides users access to professional sessions with experts (psychologists, counselling scientists, and family law experts).

Discussion

Based on the results of research conducted by researchers and potential users of the media, the HiDende application as an online counseling medium for handling sexual violence in higher education institutions has shown strong effectiveness. This can be seen from the users of the application, namely the academic community of UIN Mataram, who have a space to share stories and report incidents of sexual violence they have experienced. Based on the results obtained, victims experience sexual violence both physically and verbally, which causes various psychological impacts, so that victims need special and continuous assistance from professionals (Tiara & Pratiwi, 2018). Cybercounseling services are an effective alternative in resolving psychological problems (Herlinawati & Djuniadi, 2016).

Sexual violence experienced by victims has short-term and long-term effects that affect physical and mental health. Possible physical problems include infectious diseases (Nguyen et al., 2010). Considering the risks and impacts of sexual violence, sexual violence services and complaints in universities must provide short-term and long-term solutions for victims. The risk for victims of sexual violence is that they will likely face psychological consequences, including low self-esteem, anxiety, and depression (Lalor & McElvaney, 2010).

The HiDende app not only functions as a platform for online counseling services, but also provides additional material on the definition of sexual violence and forms of sexual violence as a preventive measure. Cases of sexual violence among adolescents in Indonesia continue to increase over time. One of the factors that also influences the occurrence of sexual violence among adolescents is their understanding of the forms of sexual violence (Afiati, 2023). In addition to prevention efforts, healing efforts are also carried out through mental health screening, which has been facilitated and prioritized in the form of services provided by professionals according to the needs of victims of sexual violence, including follow-up services such as spiritual counseling and psychotherapy with professionals. A multidisciplinary approach is needed to address the long-term effects of violence (Yuniarahman, 2022). In addition, strong institutional engagement can reduce the negative impact of sexual violence (Mulla et al., 2020).

The development and utilisation of cybercounseling has been widely carried out to facilitate service delivery (Fitriyani, 2024), but the development of applications and focus on handling sexual violence in higher education institutions has never been done, so the utilisation of the HiDende application service has become a basic need in the development of sexual violence handling. This application not only considers age and gender but also location, specifically the university where students pursue their education. This application focuses on the problems faced by undergraduate students in interactions with fellow students, lecturers, administrative staff, or the entire academic community at the university. The selection of the HiDende application as a cybercounseling medium is



based on the fact that initially, cybercounseling applications in universities were still simple, using websites or online chat, and were later developed using more attractive Android applications so that they could develop optimally and be easily accessed by users anywhere and anytime.

CONCLUSION

The development of a digitally based Islamic counseling service model, or cybercounseling, in this research aligns with the researcher's initial formulation. The achievements of the HiDende Mobile App-based digital counseling model are presented in a practical application that users can use according to their needs. The menu of the developed mobile application comprises information services, education, self-assessment, complaint services, and professional consultation. This digital counseling application model has been tested on a population in accordance with the researcher's criteria. The results that can be revealed through the application are detailed in the research discussion chart. Furthermore, the digital counseling model developed by the researchers has limitations: users must have access to a smartphone with an internet connection, and it supports only Android-based smartphones. Further research can be conducted by expanding iOS access to include a broader user base.

REFERENCES

- Afiati, E. 2023. Pemahaman Remaja Terhadap Pelecehan Seksual di Provinsi Banten, Jurnal penelitian Bimbingan dan Konseling Vol 8 (1) 2023, DOI: <http://dx.doi.org/10.30870/jpbk.v8i1.22625>
- Amalianita, B. 2017 The Role of Online Counseling as a Part of Guidance and Counseling Services, November 2017. [SCHOLIX Indonesian Journal of School Counseling](https://doi.org/10.23916/08457011)2(3):65. DOI: [10.23916/08457011](https://doi.org/10.23916/08457011)
- Dick, Carey, L., & Carey, J.O. 2009. Desain instruksi sistematis (edisi ke-5). New Jersey: Pearson Education.
- Hakim. 2019. Pemahaman menyampaikan Seksual Para “Follower” Akun Instagram @ffa_com. MediaTor (Jurnal Komunikasi), Vol 12 (2), Desember 2019, 113-127, DOI: [10.29313/mediator.v12i2.4908](https://doi.org/10.29313/mediator.v12i2.4908)
- Harwati, T & Putri, D. W. L. 2022. “Pemetaan Kekerasan Seksual di UIN Mataram” Lombok Barat: CV.Alfa Tekan Kreatif. <http://repository.uinmataram.ac.id/id/eprint/3853>
- Herlinawati, L., & Djuniadi, D. 2016. Layanan cybercounseling sebuah alternatif untuk membantu menyelesaikan masalah. Jurnal Psikodimensia, Jurnal Kajian Ilmiah Psikologi. online ISSN: 2579-6321
- Kirana, D. L. 2019. Cyber Counseling ebagai salah satu Model Perkembangan Konseling bagi Generasi Milenial, Vol. 8 No. 1. <https://doi.org/10.20414/altazkiah.v8i1.1101>
- Kusuma, A. A. 2023, Meregulasi Kekerasan Seksual: Pengalaman Indonesia. Bekasi: Daya Riset Advokasi untuk Perempuan dan Anak di Indonesia (Droupadi).
- Komnas Perempuan. 2022. “Siaran Pers Komnas Perempuan Tentang Peringatan Kampanye Internasional Hari 16 Anti Kekerasan terhadap Perempuan (25 November – 10 Desember 2022)” di unduh dari <https://komnasperempuan.go.id/siaran-pers-detail/siaran-pers-komnas-perempuan-tentang-peringatan-kampanye-internasional-hari-16-anti-kekerasan-terhadap-perempuan-25-november-10-desember-2022> tanggal 29-03-2024.
- Lalor, K. & McElvaney, R. 2010. Child sexual abuse, links to later sexual



- exploitation/high-risk sexual behaviour, and prevention/treatment programs, 2010 Oct;11(4):159–77. DOI: [10.1177/1524838010378299](https://doi.org/10.1177/1524838010378299)
- Mulla, M. M., Bogen. W., & Orchowski, L. M. 2020. The mediating role of school connectedness in the associations between dating and sexual violence victimisation and substance use among high school students. *Preventive Medicine: An International Journal Devoted to Practice and Theory*, 139, Article 106197. <https://doi.org/10.1016/j.ypmed.2020.106197>
- Murtadho, & Hilmawan, M. T. 2022. Psychological impact and the effort of da'i handling victims of sexual violence in adolescents, *Jurnal Ilmu Dakwah*: Vol. 42 No. 1. <https://doi.org/10.21580/jid.v42.1.10764>
- Rizqullah, M. R. Z. & Utami, W. S. 2023. HiCare: Aplikasi Pengaduan Kekerasan Seksual berbasis Mobile, *Edumatic: Jurnal Pendidikan Informatika*, Vol. 7 No. 2, Desember, 2023, Hal. 396–405. DOI: <https://doi.org/10.29408/edumatic.v7i2.23228>
- Rosyana, A. & Yunisingsih, A. 2023. Perencanaan Komunikasi Terapeutik Psikolog dalam Menangani Korban Kekerasan Seksual, *Bandung Conference Series Public Relations* 3(2):627-633, DOI: [10.29313/bcspr.v3i2.8548](https://doi.org/10.29313/bcspr.v3i2.8548)
- Sudjud, N., & Akbar, M. A. 2022. Rancang Bangun Aplikasi Pelaporan Anti Kekerasan Seksual (AKAS) Berbasis Android. *INFORMASI (Jurnal Informatika Dan Sistem Informasi)*, 14(2), 162-169. DOI: <https://doi.org/10.37424/informasi.v14i2.182>
- Sugiyono. 2019. *Metode penelitian kuantitatif, kualitatif, dan R&D*. Bandung: Alfabeta.
- Tiara, S., & Pratiwi, MR. 2018. Proses Penendaman Melalui Komunikasi Teurapetik Sebagai Pemulihan Psikologis Korban Pemerkosaan. *Jurnal An-Nida*, 10(2), 189–205, DOI: <https://doi.org/10.34001/an.v10i2.790>
- Urbayatun. & Rahman, Abd. 2022. Kajian Literatur Kekerasan Seksual Pada Anak Laki-Laki, Vol. 8 No. 2. *Sosio Informa*, DOI: <https://doi.org/10.31595/inf.v8i2.2990>
- Wahidt, A. dan Irfan, M. (2021), *Perlindungan terhadap Korban Kekerasan Seksual (Advokasi Hak Asasi Perempuan)*, Bandung: PT. Refika Aditama.
- Yuniarahman, D. 2022. Pencegahan Dan Penanganan Alternative Terapi Pada Anak Yang Mengalami Kekerasan Seksual. *Buletin Kesehatan Publikasi Ilmiah Bidang kesehatan* 6(1):60-86, DOI: [10.36971/keperawatan.v6i1.112](https://doi.org/10.36971/keperawatan.v6i1.112)

