



The Effect of Recitation Therapy on Perceptions of Pornography Addiction in Adolescents with Special Needs at SLB Negeri 1 Bukittinggi City in 2024

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Abstract

Background: Many children are exposed to live-streamed sexual content. A 2017 study by the Internet Watch Foundation (IWF) found 2,082 recorded images and videos of live-streamed child sexual abuse. This study aims to investigate the effect of dhikr therapy on perceptions of pornography addiction among special needs adolescents at SLB Negeri 1 Bukittinggi City in 2024.

Methods: The research employs a quasi-experimental design with a One-Group Pretest and Posttest design. The study was conducted from May to June 2024. The sample consisted of 9 respondents from the intervention group selected through total sampling. Inclusion criteria included being a student at SLB Negeri 1 Bukittinggi City, present during the study, willing to participate, being Muslim, having special needs (both intellectual disabilities and hearing impairments), and experiencing pornography addiction. The instruments used were an observation sheet and the Pornography Addiction Screening Tool (PAST) questionnaire. Data were analyzed using normality tests and Wilcoxon test.

Results: The results showed a p-value for pornography addiction (before) = $0.051 > \alpha (0.05)$ and for pornography addiction (after) = $0.017 < \alpha (0.05)$, with a p value of $0.021 (< 0.05)$.

Conclusion: There is an effect of dhikr therapy on reducing pornography addiction among special needs adolescents. It is recommended to use this dhikr therapy to help reduce perceptions of pornography addiction among special needs adolescents.

Keywords:

Dhikr Therapy, Perceptions of Pornography Addiction, Special Needs Children

Introduction

Internet addiction is usually referred to as excessive or problematic internet use, which includes certain behaviors in the form of using social media, games, pornography, as well as other internet addictions in general (Block, 2008 in (Abdullah, 2020). Addiction to pornography on the internet usually involves the behavior of watching,

downloading, and trading pornography online compulsivity, or engaging in adult fantasy role play, which is generally associated with interpersonal isolation, a response to low mood or stress, and relational problems. Watching pornography excessively can be conceptualized as a behavioral addiction (Abdullah, 2020). From survey data obtained by the Central Statistics Agency (BPS), 62.10 percent of



Indonesian people have accessed the internet in 2021. (Surtasih, 2021). This percentage figure was obtained from the high use of the internet in Indonesia, which reflects the climate of information openness carried out by society and how information is received in society regarding technological developments. Including the increase in pornography on the internet from data obtained by the Ministry of Communication and Information that in 2021 it was found that there would be around 1.1 million pornographic content spread across several websites and games played by children (Jemadu, 2019). Sites that contain pornography in just one minute can display up to 30,000 pornographic website pages (Tamburaka, 2013 in (Umam & Febriana, 2023).

Teenagers are always filled with high curiosity and always want to try something new. Adolescence is a process of searching for identity and character formation. Teenagers' curiosity can be a negative and worrying thing. Due to the easy access to pornographic content, coupled with the high curiosity of teenagers, many teenagers fall into addiction to pornographic things. Because things like that will only damage morals and lack of understanding of existing norms, resulting in a desire to watch pornographic films (Afriliani et al., 2023). Research by Sarwono (2007), Euis (2009), Hutagalung (2012, 2016) shows that the reasons why teenagers are active choosing pornographic information is because teenagers need information about the changes that occur in themselves and the implications for sexual behavior in order to foster a sense of responsibility and awareness of health. The more capable parents are of providing sexual information to their children, the lower their behavior in seeking pornographic information, and vice versa. Ironically, providing sexual information to teenagers is still an issue that continues to be debated. The first argument views that discussions about the topic of sex are considered taboo or not common to discuss

in the nation's culture, because sex is a matter that is too personal or is considered an issue "under the blanket". There is an assumption that if teenagers receive information about sex, especially reproductive health care issues, it will actually encourage teenagers to engage in sexual activity and promiscuity earlier. Talking about sexuality issues to teenagers is the same as provoking teenagers to try out things. Sexuality information is still considered a form of pornography (Hutagalung, 2018). Many children are the objects of sexual live streaming content. In a 2017 study conducted by Internet Watch Foundation (IWF) regarding the distribution of recordings of sexual abuse against children that were broadcast live, found 2,082 recordings of images and videos of sexual abuse against children that were broadcast live.

The Indonesian Child Protection Commission (KPAI) recorded 526 child complaints related to pornography and cyber crime (cyber crime) until August 2020. The most cases occurred among children related to possession of pornography with 348 cases. This report increased from the previous year which was 94 cases. The next most frequent case was that children became victims of online sexual crimes, namely 89 cases. Then it was reported that children were also victims of pornography from social media in 44 cases and victims of bullying from social media in 33 cases. Lastly, children were perpetrators of bullying on social media in 8 cases and perpetrators of online sexual crimes in 4 cases (KPAI Receives 526 Complaints on Cases of Pornography and Child Crime in Cyberspace, 2020).

A study shows pornography addiction has an impact on teenagers' mental health. Pornography addiction is rejected as one of the problems of mental disorders in Diagnostic and Statistical Manual of Mental Disorders (DSM-5) (Robinson, 2011), although many studies show the negative impacts of pornography addiction. Mental

health disorders associated with pornography addiction include depression and anxiety (Levin, Lillis, & Hayes, 2012). Pornography addiction also increases a person's risk of suffering from depression and anxiety (Cassidy, 2013). A neurological study shows that pornography addiction causes chemical changes in the brain, anatomical and pathological changes that result in hypofrontal syndrome. This syndrome includes compulsive behavior, impulsive behavior, disturbed judgment and emotionality (Hilton and Watts, 2011 in (Mariyati, 2017).

Pornography has a negative influence on students, including: encouraging students to imitate sexual acts, forming negative attitudes, values and behavior, causing difficulty in concentrating on studies, disrupting their identity, being introverted, insecure and lacking in self-confidence (Haryani, Mudjiran, and Syukur, 2012). This explains that the impact of pornography greatly influences various areas of students' lives, resulting in behavior pornography needs to be addressed so that students can live their lives well (Sari et al., 2019).

Students with special needs have become an interesting phenomenon to study in the last two decades in almost all countries in the world. However, the great concern about children with special needs has given rise to various names or terms which are often confusing if not understood properly. However, there is a common thread that can be drawn as a similarity between these terms, namely conditions that make individuals different from other individuals in their abilities/functioning both physically and mentally (Kristiana & Widayanti, 2016).

It is important to study intervention programs for children with special needs in guiding our current and future efforts with children with special needs and programs available programs, in which they can take part. The aim is to support their development while integrating them into

society. This goal aims to normalize the lives and experiences of children with special needs as much as possible. Which is one part of this goal is to maximize children's developmental and functional skills to ensure improved quality of life (Hermosillo, 2019). Recently, Cleary and Donahue (2018) identified that a spiritual orientation toward recovery from addiction is associated with turning points in an individual's life that sustain recovery through reduced stress and improved quality of life. As mentioned before, spirituality is used to maintain addiction recovery in 12-step programs (Dermatis & Galanter, 2016; Meade et al., 2012 in (B. Sciences, 2023).

One of the therapeutic models from the branch of psychotherapy, especially Islamic psychotherapy, is dhikr. Where a person is able to better recognize himself through emotional and spiritual aspects without conflicting with Islamic teachings. So this remembrance therapy is easy to implement among teenagers, as a part of Islamic psychotherapy (Family Counseling Textbook; Novia Fetri Aliza, 2023). Verses from the Koran and Hadith show that therapy for dealing with various problems can be done with zikrullah. With remembrance of Allah, when standing, sitting, or lying down will bring peace of mind (Mardiahhima, 2018).

The meaning of dhikr in therapy itself is the mental processing process carried out by the therapist by using dhikr as a strength in carrying out the therapy (Asmendri, Irman, Annas et al., 2019). Doing dhikr has the same value as relaxation therapy, which is a form of therapy that emphasizes efforts to guide a person on how to rest and relax through reducing tension or psychological pressure. Many Sufistic psychologists have extraordinary calm and peace of mind (Mardiahhima, 2018).

Based on an initial survey conducted by researchers on 02-04 October 2023 at SLB Negeri 1 Bukittinggi City. Data was

obtained that 10 students experienced pornography addiction after obtaining evidence of repeatedly visiting pornographic content sites, saving adult videos, having an application for finding adult content (Bigo), recording friends changing clothes, chatting conversations. Whatsapp with boyfriends who turn to pornography and children who experience sexual abuse and turn into perpetrators harassment of his friend by touching his friend's genitals.

In previous research taken from Ahmad Munjirin (2019), it was found that R (correlation) was 0.799, indicating that the relationship between dhikr relaxation (X) and academic stress (Y) was very strong and positive. R Square (correlation coefficient) of 75.8% shows the contribution made by Which means that dhikr relaxation has a significant effect on students' academic stress, therefore H_0 is rejected and H_a accepts which states that there is an effectiveness relationship between dhikr relaxation in reducing the academic stress of students majoring in first semester Islamic guidance and counseling (Munjirin, 2020).

The results of research conducted by Maturidi and Memunah (2020) show that dhikr can be used as a therapy for liver disease. The results of this research are supported by the many verses of Al The Qur'an and hadith explain the various virtues of dhikr, one of which is as medicine and also as a therapy for liver disease. According to research conducted by Lale Kalsum (2020), dhikr therapy in overcoming teenage delinquency cannot directly change or overcome a person, but when the beneficiary follows this dhikr therapy with sincerity, there will definitely be a change even if it is small. When the beneficiary applies the method and level of chanting, it can provide benefits to the beneficiary, such as being able to increase piety and faith, be thankful, and always remember Allah, so that the beneficiary is able to control and control himself in doing something, or act according to the conditions. So that the beneficiaries think twice about doing something so as not

to harm themselves and others (Kalsum, 2020).

Based on the phenomena and research discussed previously, it is clear that there is an influence of remembrance therapy on various problems experienced by teenagers in general. However, There has been no research that has carried out this remembrance therapy on pornography addiction in teenagers with special needs. So on this occasion the researcher was interested in conducting research to explore more deeply "The Effect of Recitation Therapy on Perceptions of Pornography Addiction in Adolescents with Special Needs at SLB Negeri 1 Bukittinggi City".

Methods

This research was carried out using quantitative research methods, namely research design *Quasi Experimental Design* with the research design *One Group Pretest and Posttest design*. Quantitative research methods are research with tools for data processing using statistics, therefore the data obtained and the results obtained are in the form of numbers. Quantitative research places great emphasis on objective results, through distributing questionnaires data can be obtained objectively and tested using a validity and reliability process (Sahir, 2021). Quantitative research is systematic scientific research into parts and phenomena and their relationships. The aim of quantitative research is to develop and use mathematical models, theories and/or hypotheses related to natural phenomena. The measurement process is a crucial part of quantitative research. This provides an overview or answer to the fundamental relationship of quantitative relationships.

Result

Univariate Analysis

Table 1 Average Perception of Pornography Addiction Before Giving Zikr Therapy to Adolescents with Special Needs at SLB Negeri 1 Kota Bukittinggi in 2024

Perception of Pornography Addiction	N	Mean	Sd	Min-Max
Pre-Test	9	27,56	13,86	13-53

Table 2 Average Perception of Pornography Addiction After Giving Zikr Therapy to Adolescents with Special Needs at SLB Negeri 1 Kota Bukittinggi in 2024

Perception of Pornography Addiction	N	Mean	Sd	Min-Max
Post-Test	9	19.78	17.48	5-52

Based on table 2 the average perception of pornography addiction after being given remembrance therapy was 19.78 with an SD of 17.48. The lowest scale is 5 and the highest scale is 52.

Bivariate Analysis

Table 3. The Effect of Recitation Therapy on Perceptions of Pornography Addiction in Adolescents with Special Needs at SLB Negeri 1 Kota Bukittinggi in 2024.

Variabel	N	Mean	Sd	P-value
Pre Recitation Therapy	9	27.56	13.86	0,021
Post Recitation Therapy		19.78	17.48	

Discussion

Based on table 3. it shows that the average difference in perceptions of pornography addiction before being given remembrance therapy was 27.56 with SD 13.86 while the average perception of pornography addiction after being given remembrance therapy was 19.78 with an SD of 9.17.48. The statistical test results showed that the p value was $0.021 < 0.05$ (H_0 was rejected), meaning that there was an influence of remembrance therapy on the perception of pornography addiction in teenagers with special needs at SLB Negeri 1 Bukittinggi City in 2024, where there was a change physical, especially in the sexual organs and hormonal changes that result in the

emergence of sexual urges in adolescents. This condition makes teenagers look for information from various sources, especially now that accessing everything they want is very easy. The search for information about adolescent sexual behavior is currently strongly supported by the development and progress of information technology in the form of the internet which is currently in demand and popular with teenagers. The internet includes gadgets and smartphones that are widely used by teenagers in their social interactions. Technological progress is like two blades, on one side very profitable, on the other hand it can be dangerous. One of the negative impacts of technological

advances in the form of the internet is the ease of accessing pornography and pornographic action, namely internet pornography (Suyatno, 2011) in (Imawati & Sari, 2019).

According to the Big Indonesian Dictionary, pornography in the first sense is the depiction of erotic behavior by painting or writing with the aim of arousing lust. Meanwhile, the second definition is reading material that is deliberately and solely created or designed to arouse sexual desire (Afriliani et al., 2023).

In research conducted by (Luthfiyatin et al., 2020). There are several cases that occurred due to exposure to pornographic content, one of which occurred in Probolinggo. two boys, elementary and middle school students, MWS (13 years) and MMG (18 years) impregnated a high school student. This started when the two perpetrators saw pornographic content on their respective cellphones and finally the two perpetrators had sex with the victim until she became pregnant. Another case also occurred in Sukabumi, a grade 1 elementary school child became a victim of harassment from three of his friends who were both elementary school students in August 2018. In 2019, a 5 year old child in Sukabumi died as a result of sexual abuse committed by his two older half-brothers, aged 14 and 16. Part of this problem stems from exposure to pornography via the internet or mobile phone.

In international research conducted by (Adarsh & Sahoo, 2023) Apart from what teenagers learn directly from family or peers about sex, the use of media via the internet can function as a "role model" and provide normative advice. Wright developed his 3A model (Acquisition, Activation, and Application) to better define the concept of scripts, assuming that voluntary and intentional exposure to pornographic media can lead to the acquisition of cognitive and behavioral scripts presented in these media, their

activation in certain real-world settings. . the social context of life, and its application in "real life" social settings, for example, romantic or sexual encounters. Furthermore, it has been observed that sexually explicit media portrays a distorted and inaccurate view of sexuality such that "sex is glamorous, fun, and risk-free, and casual sexual relations are normal."

Additionally, teens are influenced by how they interact with (e.g., use and understand) media and often allow media to define and influence their gender, love, and relationships. Access to pornography is strictly controlled by law in many countries, increasing its appeal to aging youth due to its "forbidden fruit" effect. Information regarding special viewing for teenagers is still limited. Little research has been conducted on teen pornography use. Several studies have revealed that younger teens, compared to older teens, are more likely to consume explicit affection-themed material, while older teens prefer dominance-themed pornography.

According to research conducted by (Ashraaf & Othman, 2019) Pornography addiction among teenagers today is closely related to the progress and development of the lifestyle that humans enjoy today. Technological advances in the world today enable people to easily and quickly access pornographic material, especially in digital form. Exposure to and developments in the field of education also justify why there are more teenagers today exposed to the use of technology compared to their parents so that they are irresponsible by deliberately accessing pornographic material on the internet and are able to overcome cyber barriers to access pornographic material. The research results show that pornography has no benefits. In fact, pornography does not only affect a person's physical condition or behavior, the biggest implications of pornography can be seen in the development of teenagers' personalities, especially teenagers' spiritual development.

However, if existing development is utilized as optimally as possible by making religion (Islam) the main basis, it can facilitate people's daily lives for various useful purposes.

According to researchers' assumptions when conducting research at SLB Negeri 1 Bukittinggi City, this pornography addiction behavior occurred because teenagers had their own gadgets and they did not receive supervision from their parents. Some of them admitted that some of them accessed the link at night, when their parents were working and there were also those who said that their parents did not check their cellphones. Some of them said it was the beginning of addiction. Watching indecent content starts with glimpses or what could be called advertisements when opening social media, such as Facebook, Instagram and YouTube. Then this happened repeatedly because they said they got pleasure or enjoyment from watching the show, but it was not limited to the show, there were also those who took it to the realm of chat rooms with their girlfriends and videoed their friends changing clothes secretly.

In research conducted by (Radjagukguk & Yuyu Sriwartini, 2020) teenagers are affected by pornography due to body development, namely the maturation of sexual organs, so they are very sensitive to sexual stimulation around them, a lack of understanding about sex education actually makes teenagers not equipped with knowledge about the dangers or impacts of the free sex they engage in, the easy access of the masses, even in remote areas, makes it easy for people to access pornography, and often adults who should be able to prevent it, but instead often play a role as if encouraging the perpetrators (encouragement from friends).

Exposure to pornography experienced by children is obtained from online games, the internet, television shows, tools advanced technology so that pornography addiction has a very broad

impact. Usually exposure to pornography starts in the family so it is difficult to control. Exposure to pornography is not only carried out by shows from outside, in fact many local shows produced from Indonesia also contain and are pornographic in nature. With the increasing exposure that exists now, both directly and indirectly, the role of parents at home is very influential in overcoming exposure to pornography. So that disgraceful behavior that violates norms is not carried out by teenagers. Families must be aware of prohibiting their children from watching pornography which is increasingly common on the internet, online games, comics and cellphones with cameras. This prohibition will certainly make it difficult to view or create immoral videos (Trisna, 2018). And according to researchers' assumptions, it was found that the perception of pornography addiction that occurs in teenagers with special needs is due to a lack of supervision from parents. Pornography addiction that occurs in teenagers can disrupt a person's physical, mental, spiritual and social health. And if this problem is not resolved will definitely disrupt the teenager's life. Based on the research results, the average pornography addiction after being given remembrance therapy was 19.78 with an SD of 17.48. The lowest scale is 5 and the highest scale is 52.

Pornography addiction is an abnormal behavior, where a person gets more sexual satisfaction through pornographic literature and images. Pornography addiction encourages addicts to get carried away with their activities of viewing pornographic material so that addicts will feel sensations such as excitement, pleasure which makes them psychologically dependent (Mapossa, 2018).

In fact, teenagers are deceived by pornography, because they are unconsciously drugged or hypnotized into accepting the moral standards displayed as their own standards of life. Teenagers are

deceived and deceived because beyond their awareness and consent, they abandon the ethical views they have always upheld. Teachings from parents, school teachings, and religious teachings, were all replaced with other teachings that were not approved by reason and mentality, but were swallowed whole based on mastery of emotions that have occurred (Tindoan, 2018).

The results of research conducted by (Kalsum, 2020) show that by doing dhikr, you can control the mind of the beneficiary to become calm, better able to control their behavior and emotions, so that the beneficiary can decide and think about doing something useful. According to Anshori, dhikr is useful for controlling behavior. The constant influence will be able to control a person's behavior in everyday life. Someone who forgets dhikr or forgets Allah can sometimes do it without realizing it immorality, but whenever he remembers God, the awareness of himself as a servant of God will reappear (Ayati, 2017).

According to the researchers' assumptions, there is a positive influence after being given remembrance therapy on the perception of pornography addiction as an alternative therapy to reduce the perception of pornography. Therapy is provided through dhikr videos equipped with sign language along with the use of prayer beads and pocket books. The remembrance video appearance lasts approximately 10 minutes and repeat the steps of dhikr during the video. During the video presentation, the respondents looked focused, but there was a decrease in focus and difficulty listening directions on time. There were also samples who came in and out during therapy and had difficulty listening to directions from researchers. Sometimes if there is a teacher accompanying them they seem a little more focused and following directions, but this decreases if there is no SLB teacher accompanying them.

During the question and answer

session after the video presentation and repetition of the dhikr steps, respondents said that they actually remembered God and were afraid when they had the desire to watch this inappropriate spectacle, but that fear was overcome by the curiosity and enjoyment they got when watching. Plus there is no supervision from their parents when they watch this. Thus, teenagers do not know the limits of what they witness. Based on research conducted by researchers, researchers can conclude that this dhikr therapy can help reduce the perception that pornography addiction decreases in children, because if dhikr is repeated and instilled in children, they will remember more often that they are always watched over by the creator.

Zikr means remembering Allah by chanting His name over and over again. Subandi stated that remembrance is a related charity with all the worship rituals available in Islam. So in this sense, Michon gives the meaning of remembrance is a form of consciousness owned by a will creature the relationship that unites the whole his life with the Creator. So from the meaning of remembrance above explained that the meaning of remembrance is a all the activities contained in every form of worship performed humans in worshiping God in prayer, fasting, zakat, and Hajj (Zikir, 2018) in (Nurhuda, 2023).

According to research conducted by (Safarman & Junaidi, 2022) the way to educate children with special needs to speak and behave well and politely is to reprimand them directly. Children with special needs are also taught Al-Quran reading education starting from introducing the hijaiyah letters until they are able to read them. They also need this like children in general, prayer is also taught to children with special needs. This activity is to train the child's independence. Zikr is also very important to do and instill in children with special needs, as well as teaching them to fast.

According to research conducted by

(Muhammad & Omar, 2019) dhikr (*mention*) can help people overcome the problem of drug addiction and other bad behavior problems. Apart from being able to help with community problems as well. Each rehabilitation center has different recovery methods, but each has the same treatment method based on the Koran and Al-Quran *Sunnah*. There are drug rehabilitation centers that have implemented this Islamic Psychospiritual Therapy approach, either in whole or in part, and has had a major impact on the spiritual development of these addicts. However, serious research and refinement of this method needs to be carried out continuously and in a more integrated manner. The remembering technique is a practice carried out in Islam. The command to perform dhikr is found in the Qur'an and *al Sunnah*. Dhikr is a practice that is ordered to be reproduced without any restrictions or conditions for practicing it like other acts of worship such as prayer, fasting and so on. between the servant and his God. Every believer who remembers Allah will definitely be remembered by Him. Drug addiction is similar to pornography addiction in that it starts off occasionally and eventually becomes an addiction and is done repeatedly.

In the research entitled Remembrance (Dhikr) and Renewal Through Spiritual Self-Care of Health Care Staff, it was concluded that R(dhikr) & R is promising as an activity to delve deeper into because it has touched the spiritual side of health service staff service, has been well attended, and can be implemented easily. In this study a separate site caring for patients with multiple cancer diagnoses participated in similar independent remembrance activities but adding their own personality for renewal. In essence, cancer patients experience despair and psychological disturbances due to the disease they are experiencing. Likewise with other psychological disorders that require an approach with the creator,

including pornography addiction (Rettig et al., 2020).

According to researchers' assumptions, the influence of dhikr therapy on perceptions of pornography addiction is influenced by the calmness that is obtained when dhikr and the feeling of being close to the creator during dhikr. However, this influence can be seen from the respondents' perceptions every day. Where, researchers assume that every step we take is always watched by the creator, which makes us afraid and think before doing things that are forbidden by Him. This is an alternative when there is a desire to view pornographic things or engage in other negative behavior. When conducting research, researchers can see changes in respondents every day. On the first day, the respondent did not seem to have mastered the recitation material given, as if he was still unsure when pronouncing it. On the second day we saw changes more than the first day. Where respondents who were diagnosed as deaf and mentally retarded were able to recite the dhikr that was taught, little by little the respondents were able to repeat the dhikr given.

According to research conducted by (Aliasari, 2019) by making dhikr and interpreting dhikr, the mind or cognition will be clean from negative things that can result in sin. This is in line with the opinion of Safaria and Saputra who state that wholehearted remembrance of God will strengthen cognitive, affective and conative. So when you recite dhikr with full concentration, it will prevent the emergence of bad thoughts such as sexual fantasies, because the influence of dhikr can change negative thought patterns to become more focused on positive thoughts. Because humans tend to only focus on one thing, the keyword for this is focusing on one thing or as a diversion. Of course the diversion here must be something positive, namely dhikr, so that apart from stimulus, diversion can also function to cleanse bad things.

According to research conducted by (Utami, 2017) the paraventricular hypothalamus contains neuroendocrine which synthesizes and releases vasopressin and CRH (cortico releasing hormone). CRH release from the hypothalamus is influenced by stress, CRH and vasopressin released from neurosecretory nerve terminals in the median eminence, are transported to the anterior pituitary via the portal vascular system of the hypophyseal stalk. CRH and vasopressin act synergistically to stimulate the secretion of stored ACTH (adreno cortico tropic hormone) from corticotrope cells. ACTH is transported by the blood to the adrenal cortex of the adrenal glands, where it rapidly stimulates the biosynthesis of corticosteroids from cholesterol to produce the hormone glucocorticoid (cortisol). Increased cortisol facilitates the adaptive phase of general adaptation syndrome as stress reactions are suppressed. Glucocorticoids have an important function in modulating stress reactions, but if excessively they can be damaging (Guyton, 2006). Prolonged exposure causes hippocampal atrophy, resulting in decreased memory. The path of the relationship between the influence of remembrance on stress and the biological response of cortisol is briefly based on path analysis, as follows; Zikir intervention is proven to increase spiritual values which influence personality improvement, thus changing negative stress (distress). becomes positive (eustress) followed by changes in biological responses by a potential decrease in cortisol. Zikir improves personality such as: optimistic behavior, tough and independent personality, able to become a superior person and the performance of nurses is getting better, so that the services provided are more optimal. Perceptual stress will be responded to in the form of a stress response (biological response) through a pathway: the stimulus received by the lateral amygdala is processed and conveyed to the central nucleus and then

projected to several parts of the brain. Connections between the amygdala, hippocampus and hypothalamus activate the HPA (hypothalamus pituitary adrenal) axis. Hypothalamus, impulse signals in the form of (fear, worry or anxiety) will activate both the sympathetic nervous system and the modulation system of the HPA axis (Utami, 2017).

And significant changes occurred on the sixth and seventh days. Where on the sixth day the respondents, the majority of whom were deaf, were able to say loudly the dhikr that was given, such as saying subhanallah in a loud voice but not screaming, but with enthusiasm because they already knew the dhikr that was taught and on this sixth day we invited deaf respondents. guide friends by standing in front of the class and Likewise, with deaf respondents, one of them was asked to come forward to guide his friend in doing dhikr by signing and also pronouncing it. They don't hear the pronunciation of dhikr like subhanallah in a clean way due to their status as deaf sufferers, but it's like there's a scream coming from their mouths when they say the subhanallah pattern. And on the seventh day all respondents were able to remember the six dhikrs taught. On the th day In these seven researchers did the same thing, calling representatives from mentally retarded and deaf children to lead their friends in reciting the dhikr that had been given in the previous days. The researcher added several words that they would convey to their friends, such as "remember if you want to commit a sin, because we don't know when the time will come." At the end of the video the researcher added a video of the torture of the grave and the torture of hell fire which they can see that this is what they will get when they do not follow His commands and do what He has forbidden. And according to researchers, this recitation is very effective in changing children's perceptions of pornography.

Conclusion

Based on the results of research conducted on 9 respondents, the following conclusions can be drawn 1. It was found that the average perception of pornography addiction before being given remembrance therapy to teenagers with special needs at SLB Negeri 1 Bukittinggi City in 2024 was 72.67 with a standard deviation of 6.964. 2. It was found that the average perception of pornography addiction after being given remembrance therapy to teenagers with special needs at SLB Negeri 1 Bukittinggi City in 2024 was 80.56 with a standard deviation of 9.876. The statistical test results obtained *p-value* 0.025 means that there is an influence of remembrance therapy on the perception of pornography addiction in teenagers with special needs at SLB Negeri 1 Bukittinggi City in 2024. It is hoped that the results of this research can be used as information for readers, especially for children with special needs. It is also hoped that parents and teachers will be able to provide and teach this remembrance therapy to children with special needs and normal children in general.

Research Limitations

Based on the researcher's direct experience in this research process, there are several limitations experienced and there can be several factors that future researchers can pay more attention to in further perfecting their research because this research itself certainly has shortcomings that need to be continuously improved in research. -future research. Several limitations in this research include:

1. The time for carrying out research by providing limited interventions means of course not getting maximum research results.
2. In the process of filling out the questionnaire, the information provided by the respondent through the questionnaire sometimes does not show the respondent's true opinion. This happens because sometimes the

thoughts, assumptions and understanding are different for each respondent, especially for children with special needs. Other factors such as the honesty factor in filling in respondents' opinions on the questionnaire are also limitations in this research.

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