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## Sexual Orientation and Identification of Islamic Guidance and Counseling Approaches to Lesbian in Rejang Lebong

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### Abstract

The current study aims to determine the factors that cause women to become lesbians and Islamic counseling guidance methods for lesbians. This study uses a qualitative method with a phenomenological study approach. A total of four lesbians, two butch and two femme lesbians, voluntarily participated in this study at Rejang Lebong in 2021. The data were collected through in-depth interviews. The research results revealed that there are several factors that cause women to have homosexual orientation; biological factors, life trauma, environmental support, lack of religious knowledge and lack of attention from parents. Analyzed using the self-disclosure theory, the results showed that femme lesbians tended to be shy and introverted, so the approach was taken individually and personally. In contrast, butch-labeled lesbians are more open so that they can be done in groups. The decision to become a lesbian is not caused by a single factor but a combination. However, only femme-labeled lesbians are caused by a life trauma. This research only focuses on the causes of being a lesbian and appropriate Islamic counseling guidance approach techniques based on the type of lesbian. This study did not look at the final product after counseling was carried out. It is recommended for future studies to investigate concrete steps of Islamic counseling guidance for lesbians.

**Keywords:** Lesbian, Islamic Guidance & Counseling Guidance, Women

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### Abstrak

Penelitian ini bertujuan untuk mengetahui faktor penyebab perempuan menjadi lesbi dan metode bimbingan penyuluhan Islam pada perempuan lesbian. Penelitian ini menggunakan metode kualitatif dengan pendekatan studi fenomenologis. Sebanyak empat orang lesbian dijadikan informan yang terdiri dari dua orang lesbian label *butch* dan dua orang lesbian label *femme*. Penelitian dilakukan di Rejang Lebong pada Tahun 2021. Teknik pengambilan data dilakukan dengan wawancara mendalam terhadap informan. Dari hasil penelitian diketahui bahwa ada beberapa faktor penyebab perempuan memilih orientasi seksual homoseks (lesbian) yaitu faktor biologi, trauma kehidupan, dukungan lingkungan, kurangnya pengetahuan agama dan kurangnya perhatian dari orang tua. Peneliti menggunakan teori self disclosure dan mendapatkan bahwa Lesbian tipe *femme* cenderung pemalu dan tertutup sehingga pendekatan dilakukan secara individual dan personal. Berbeda dengan lesbian tipe *butch* yang lebih terbuka sehingga dapat dilakukan dengan kelompok. Keputusan menjadi lesbi tidak dari faktor tunggal, tapi kombinasi dari dua faktor atau lebih. Hanya lesbian *femme* yang disebabkan oleh trauma kehidupan. Penelitian ini hanya berfokus pada penyebab menjadi lesbian dan teknik pendekatan bimbingan yang cocok berdasarkan tipe lesbian. Penelitian ini tidak melihat produk akhir setelah dilakukan bimbingan sehingga saran bagi peneliti selanjutnya dapat melanjutkan tentang langkah konkret bimbingan yang dapat dilakukan pada perempuan lesbian.

**Kata Kunci:** Lesbian, Bimbingan Penyuluhan, Perempuan

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## INTRODUCTION

The world cannot be separated from women's problems. Problems such as gender equality, social vulnerability, objects of sexual violence, human trafficking and lesbians are a series of exciting variables to study. Lesbian, Gay, Bisexual and Transsexual or LGBT are the most frequently discussed lately, especially in Indonesia because most of the population is Muslim. LGBT is considered deviant because different from the norm. The LGBT people are scorned and even ostracized because it conflicts with religious teachings and the applied norms (Andina, 2016). One type of LGBT is lesbian, which means women who like the same gender (Muttaqin, 2017). Lesbians have their perspective on the orientation they choose (Holley, 2017). The relationship between the two is dyadic and touches all aspects of the perpetrator's life.

Sexual orientation selection begins at the age of puberty which is characterized by bisexual, a tendency to like the same sex or the opposite sex. However, over time the tendency will change to heterosexual or homosexual. Psychologically choosing to be homosexual is included in the category of psychiatric disorders. Sexual orientation relates to the direction of a person's attraction to members of same gender or the opposite gender. Lesbian is not a gender identity disorder. Lesbians are sexually disoriented. Gender identity disorder differences involve a person's confusion about how he feels psychologically as male or female and the anatomy of his sex. Lesbians do not doubt their gender identity. She realizes and accepts that she is a woman. Lesbian is more directed to the selection of sexual orientation (Purwanty, 2018).

The rapid development of information impacts the existence of LGBT people in the public sphere. Previously, they tended to hide, but now LGBT people dare to appear virtually and in the immediate community. Virtually for example, there is an LGBT community that is even supported by influencers with many followers. Meanwhile, many users of digital products are from the younger generation. As a result, those with little religious knowledge can imitate what LGBT people say (Mukhid, 2019).

LGBT can be studied from various perspectives, such as Human Rights, Fiqh Law, and theology. From a theology perspective, it will be labeled as haram and halal or disgraceful and praiseworthy behavior of LGBT. However, LGBT people use fundamental human rights to justify their choices and ensure that they are trapped in the wrong body. People who are used to the prevalence of heterogeneous orientation do not easily accept the presence of LGBT. Islamic teachings teach its adherents that what Allah creates is the best. Gender is something that cannot be chosen because it is believed to be destiny, so if someone wants to change God's creation, it is declared as an act of kufr favors.

Additionally, research found that the reason people to become LGBT is a lack of understanding and practice of the Islamic religion. Informants who are LGBT subjects mostly do not practice Islamic prayer and religious law (Umar et al, 2019). Furthermore, research revealed that lesbian prisoners who were given Al-Qur'an reading therapy experienced an increase in mental health, such as an awareness of identity as women (Dewi et al., 2020).

LGBT's efforts to gain a place in society are always based on human rights.

They believe they have the right to choose whether to be heterosexual or homosexual because this is a basic right as human being. Therefore, the number of LGBT is increasing every year. In Sukabumi, for example, in 2017 it was recorded that there were 200 LGBT people who had not been handled thoroughly. Embracing LGBT can be done by designing preventive and repressive models. A heart-to-heart humanist approach is considered more effective in fostering LGBT people (Febriana et al., 2018).

The number of lesbians is like an iceberg, only a few can be observed but the number is far more beneath the surface. The spread in a number of regions in Indonesia should be focus to all parties. Moreover, LGBT people who dare to introduce themselves in public spaces can provide motivation for undercover LGBT. Opening one self about identity to the family is the first thing that is done for acceptance in society. Parents are in a dilemma when they find out that family members have chosen a different path from the norm (Briken et al., 2020). Moreover, lesbians who come from Muslim families, its a disgrace and unacceptable, even though the LBG did not admits that what he did was a mistake (Alvi & Zaidi, 2021). Nevertheless, Lesbian self-disclosure toward the parents is relatively low. Even though this is important because lesbian can receive early intervention to avoid further deviance and can establish heterosexual relationships (Asri, 2020).

There are many reasons that urge someone decision to become a lesbian. Yelviani et al (2019) once conducted research on the causes of becoming a lesbian. The results revealed that genetic factors, heartache, lack of attention from significant others and living environments are factors that cause someone becoming

lesbian. Furthermore, there are several stages in the process of becoming a lesbian specifically awareness, exploration, acceptance, commitment and interaction, some of which go through this process during school period (Oktaviana et al., 2020).

Similar studies have also found that parenting failure also causes women to become lesbians. Children must be raised by father and mother where both have different roles and responsibilities. Father will teach agility which is useful for the gross motor development and mother will signify a female figure. A role incongruity will make children become unusual, such as girls who tend to play male toys or vice versa (Tamara, 2019).

The globalization today has impact on people's lives, especially the mindset. People start to contemplate that gender is something that can be chosen similar to the decision to be an extrovert or introvert (Yansyah & Rahayu, 2018). Initially emerged in the western, however, because of the advancement of media, LGBT can be found in Indonesia. The freedom that is echoed encourages LGBT people in Indonesia to voice their decision even though it is contrary to the norms and religion value that prevail in society. Still, is not as easy as in Europe because Indonesian culture is determinated by religious teachings. For this reason, the space for LGBT people still limited (Rosyidah, 2017)

Countries that legalize LGBT in the world currently reach 31 regions, including the Netherlands, Belgium, Canada, Germany, Spain, and Australia and the only ASIA country is Taiwan. Bower et al (2019) studied the generativity of LGBT in their old age by studying AIDS during the pandemic, the positive roles they played



and religious beliefs. Meanwhile, research on the obsolescence of lesbian status states that lesbians are still a concern even though their psychological conditions are marginalized. To overcome this situation, lesbians voice themselves in political and community-based settings. Communities like these are used to fight neo-fascism (Hagai & Seymour, 2021).

Additionally, Melela.org is a virtual space that provides information about LGBT. On this site, LGBT people take turns giving testimonies about their journey and how to open up and be accepted. The posts displayed are about human interest in nature. Sadly, the writers on this site are educated and professional individuals like doctors (Febriani, 2020). Pros and cons also occur, in support groups, for example, asking companies where lesbians work to understand the diversity of employees and facilitate these differences (Fletcher & Everly, 2021).

The Rejang Lebong community itself first recognized the term "waria". A study on the presence of transgender women found that LGBT people in Bengkulu numbered in the hundred of thousand. Rejang Lebong has numerous LGBT and even created its own community, the Rejang Lebong Waria Family Association or IKWRL (Osira et al., 2017).

Lesbians have two types, butch and femme types. Butch is a lesbian who acts as the man, and a femme act as the woman. Researchers interviewed two butch-type lesbians in the age range of 17-25 years. Informants said that currently, there are 40 butch lesbians in Rejang Lebong. Butch lesbians are easily recognized by their physical characteristics. Usually, they wear jeans, cut their hair very short, shirts and sneakers and have a flat chest. Observations made by researchers in July

2021 showed they tied their chests so they looked like men.

LGBT impacted society since it contradicts with the rules, norms and principles of religion. They were insulted and even shunned. Discriminatory attitudes will make LGBT people fight even more. However, providing guidance to LGBT people can persuade them to return to the proper practice. Guidance can be done by teaching monotheistic material and Islamic psychotherapy. But before getting into the guidance material, we must first know what method is suitable to approach lesbians. It's interesting to study on lesbians in Rejang Lebong in order to gain depth information.

Research on LGBT in Malaysia has found that a da'wah approach is explicitly needed for LGBT. First, da'wah is carried out smoothly because his soul is considered fragile and gentle. They prefer da'wah with good words, advice, and appropriate intonation and do not use harsh words. Second, using Al-mujadalah Al-husna, an approach of exchanging ideas. Thus, during da'wah, they can interact and obtain the information needed. In other words, da'wah communication takes place in two directions or interactively (Haridi et al., 2021).

The term Lesbian is used for women who like the same sex (Haridi, et al., 2021). The term homosexuality originates from the Greek word meaning similar or the same. If there are symptoms of two people who have the same sex and are involved in sexual activity then it is called homosexuality (Febriana et al., 2018). Lesbians do not desire men but women. Lesbians love the same gender physically, emotionally and even spiritually. Athena Febriana (Febriana et al., 2018) states that in the lesbian community, there are two kinds

of roles, namely the butch type, who plays the role of a man in heterosexual relationships and the femme type, who plays the role of a woman.

In sexual relations, the femme label will be a top priority. As with the heterosexual role, men give a lot, and women receive a lot. It's just that what makes it different is that the butch label greatly emphasizes the sexual satisfaction of the femme label. Butch lesbians look like men and femme lesbians who can be identified from the characteristics of rigidity, jealousy, high sensitivity and very dependent on their lesbian partner. Butch lesbian is divided into soft and stone, where the appearance of soft looks more feminine while the stone is very male-like.

Some experts say that the factors that cause a woman to become lesbian can be examined from biological and psychosocial theories (Husaini, 2019). Biological theory itself consists of genetic and hormonal factors. It is said to be genetic because homosexual research conducted on identical twins revealed higher numbers. At the same time, the hormones that cause the tendency to become lesbians are androgen hormones. This hormone causes masculinity in women and is known as Congenital Hyperplasia (CAH), resulting in the occurrence of desire for women beyond their will.

The psychosocial theory also states that there are several factors that make women tend to become lesbians, namely parenting, life trauma, psychological signs and first sexual experiences (Siregar, 2019). Individual experiences in life, such as family conflict and deficient role assignments in parenting, are causal factors of being lesbian. Life trauma is also a factor that cannot be ruled out. For example, the experience of being hurt or disappointed

by a partner of the opposite sex so that they have grudges and lose trust. Same with an unpleasant first sexual experience can make women prefer to avoid having heterosexual relationships.

Islamic religious counseling guidance is the same as other counseling guidance. The only difference is that the material used is focusing on religious values. The definition of religious counseling guidance is an effort to provide assistance to someone who experiences obstacles and difficulties both physically and mentally. The assistance can be mental and spiritual form.

In Islamic counseling guidance, the main concept is to return all matters to religious value and improve morals. Some counseling methods include individual and group guidance methods. Individual methods will be effective if you want to approach the target you want to guide. Generally, lesbians feel embarrassed when their problems are exposed. So, individual approaches would be more effective. Several studies related to LGBT use a personal approach, such as Ardi and friends' research, which emphasizes individual personality dimensions (Ardi et al., 2018).

Additionally, a group approach can be done with some lesbians who share similar characteristics to form interactive communication (Setiana, 2005). This study also mentioned that, based on communication techniques, guidance could be done directly or indirectly. Meanwhile, the recipient's senses can be divided into the senses of sight, hearing and the use of all senses.

In the counseling process, for example, if the counselor does not have multicultural competence, it can hinder the process of providing assistance because

they already have a negative view. Engineering must also be paid attention to, like in Indonesia, where the population is primarily Muslim (Sa'idah, 2022).

Alwi (2018) divides the guidance method into two, the adjustment and dynamic methods. The adjustment method focuses on individual differences rather than similarities, while the dynamic method is to understand that humans are dynamic creatures so the mentor encourages the person mentored to love knowledge and wisdom, which can form self-dynamics. In the case of lesbian women, exploring Islamic knowledge and wisdom is part of an effort to escape from sexual orientation deviations. Departing from these problems, it is very interesting to examine how the approach or method of counseling guidance to lesbian women in Rejang Lebong

## **METHODS**

The current study uses a qualitative method. The qualitative method is a method that focuses on in-depth observation. While the approach used is a phenomenological approach. The use of the phenomenological approach is intended to study a phenomenon along with its unique and unique context experienced by individuals. That is, learning must be based on the perspectives, paradigms and direct beliefs of people who have direct experience.

The research was conducted in Rejang Lebong Bengkulu in the period from March 2021 to October 2021. The subjects of this study were four lesbian women who were obtained using random sampling with lesbians as criteria. The Data collection used was in-depth interviews, and to ensure data confidentiality, all informant identities were falsified. In

approaching informants, researchers involved a third person as a liaison. The informant initially refused to be interviewed. After being persuasive in exchange for money, the informant finally agreed. Researchers met informants 15 times at different times, such as morning, afternoon and evening. All subjects who participated in this study received rewards for participating in this study.

The first informant, named Alex, was born in 1996 and only received education up to grade 4 of elementary school. Alex was born to parents who worked as farmers. Alex is the youngest of four siblings. Her oldest sister, a daughter, is 15 years older than her. The second Brother is 10 years old, and Third Brother is only 3 years older than her age. Alex was never interested in men. The second informant was named Agil, the eldest of two. Agil has a younger brother. Her parents worked as farmers. Agil lives in the center of Curup and sells vegetables at the market. Before deciding to become a lesbian, Agil was a beautiful woman, and many men liked her. Agil has been a lesbian for 3 years.

The third informant is a woman named Mayang. She is 23 years old, and she has two sisters. She dropped out of school when she was in the 2nd grade of high school. Her parents divorced when Mayang was a child; she also did not know what her father looked like. The three sisters were raised by their grandmother. Grandmother had a religious character and was active in the mosque where they lived. Mayang had bitter experiences in heterosexual relationships. She once liked a man who turned out to be a drug dealer. Mayang has only become a lesbian in the last 3 months.

The fourth informant is Stella. 26 year old woman and decided to become a lesbian since 5 years ago. Stella is the eldest of three siblings. The school is only junior high school. Since dropping out of school, Stella has made a living by working as a shop employee at the Rejang Lebong noodle shop. Before that, Stella had an affair with a womanizer but it always ended in sadness. From this experience, Stella gave up and chose to date a lesbian partner.

The in-depth interviews conducted for three months. The interviews were conducted in an unstructured and open manner. Data validity technique using triangulation. Researchers conducted interviews at different times with each informant by repeating questions until the data are redundant. The data was then clustered to answer the research questions. Data analysis was carried out by transcribing the interview data, then the researcher coded the data according to the problem formulation, clustering, labeling thematically and interpreting.

## RESULTS

Based on interview results, it was found that the factors that cause women to become lesbians vary. Informant Alex stated that he became a lesbian due to hormonal factors, and it was congenital. She was never interested in men. Even from her explanation, everything just happened suddenly, and she felt comfortable playing the male role. Alex did not feel guilty about her sexual orientation. Informant Alex said that she became a lesbian because of hormonal factors, and it was congenital.

“Kami ko anak bungsu buk, lima saudara. Kakak kami duo orang tino, tapi jaraknya jauh. Yang duo lagi lanang diatas kami nian. Dekat umurnyo dengan kami.

Seharian kami main kek dio lah, nyo main mobilan kami main jugo. Kami diajarkan main bola. Mak kami kerjo di kebun, bapak kami sesekali kerjo jugo tapi banyaklah dirumah. Ayuk kami yang tuo tu la sibuk bemete mungkin kamo la besak jadi dak pulo nak ngasuh kami. Kadang kami banyak dirumah nenek”

When asked what her family thinks of her, Alex said

“Orang tuo kami biaso bae, paling Cuma ngecek nak diapokan lagi, tapi ado jugo kadang bepikir ngapo orang tuo kayak idak sayang. Kalo ado kami dirumah kami sering dimarahi. Ntah nyo marah kek kami, apo dak terimo kami cak iko, apo cak mano. Cak dak dianggap tunah buk, jadi pas kami cak iko orang tuo cak biaso bae”.

In her daily appearance, Alex is of the stone butch type (resembling a man). At first glance, no one would suspect that she is a woman. But when she speaks, a woman's voice is heard, although not too feminine.

“Kami terang-terangan bae kek orang. Tapi banyak jugo yang ncibir. Ado yang dak suruh anaknyo bekawan kek kami. Tapi cakmano lagi. Yang ndak bekawan ajo buk, kami dak galak pening. Kemaren waktu cari mete kami ngicu, kami kecek kami lanang. Pas ketahuan nyo dak suko, ngindar dari kami, tapi kami la 5 orang mantan mete buk, tino galo. Belum pernah ado nian mete kek lanang. Dakdo hasrat”.

Diagram 1 illustrates the reasons for and methods for dealing with the butch lesbian type based on the findings of the interviews.



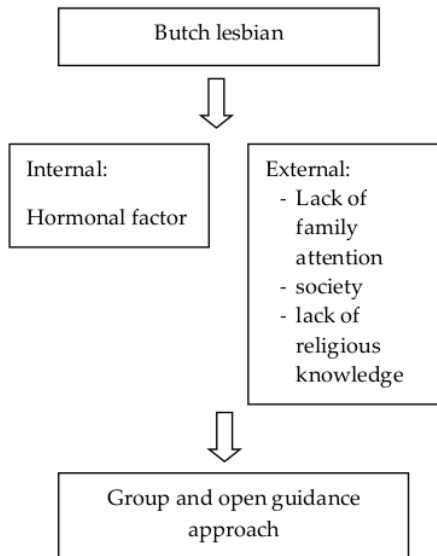


Diagram 1. Causes and guidance approaches to butch lesbians

Based on interviews, there were 2 informants who decided to become lesbians due to life trauma, Mayang and Stella. Mayang said that her sexual orientation towards women is actually still immature. Being deeply disappointed in her previous heterosexual partner, Mayang decided to become lesbian.

“kami la nungguinyo bun, nyo masuk penjara kami kawani, kami antar makanan, kami sayang nian, duit kami kasih. Dak taunyo nyo selingkuh bun, padahal ponsel nyo kami yang belikan”

Mayang felt a deep love for this man, and she wanted to kill herself when she found out that the man was having affair with another woman.

“raso nak mati ajo bun, nangis berhari-hari kami. Lah kami kasih galo kek nyo tu. Mano kami meraso ditipu kareno diam-diam nyo tu ternyata bemete dari dalam penjara”

After that, Mayang have a relationship with another man. Unfortunately, the one he is dating turns out to be someone else's husband. His wife was furious and spread herself as a perpetrator on local social media groups.

“malu nian kami bun, terpampang foto kami sampai disebut pelakor. Orang-orang jugo ikut ngato-ngatoi kami. Terus kami pikir bun, daripada mete kek lanang enaklah kami mete kek *butch* ajo nah. Kareno *butch* kato kawan kami lebih ngerti daripada lanang”.

After this incident, Mayang finally chooses to date Butch lesbian. Mayang admits that with Butch, she feels more comfortable and happier. According to her, Butch can understand the meaning of sarcasm better than men.

“misal kalo kami kecek bagus dak baju itu. Besok atau dak berapa lamo langsung dio belikan bund. Cubo kalo mete kek lanang, dak kan nangkok dio maksud kami tu”.

However, Mayang felt that there was a conflict inside herself. She is often ridden with guilt. Moreover, she hid this from her family. Mayang was afraid of hurting her grandmother, who had raised her from a young age, and her grandmother was very religious.

The researcher traced the informant's life story carefully so that several important points were obtained and could be used as a basis for determining the suitable counseling guidance method according to the plot told by the informant. Researchers do dissonance about the decisions they make. In summary, the causes and guidance approaches for femme lesbians can be seen in the following [Diagram 2](#).

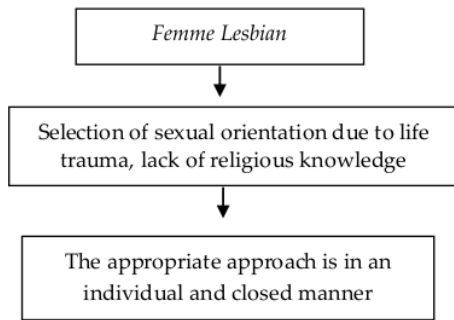


Diagram 2. Causes and approaches to counseling the femme type of lesbian.

Researchers asked Mayang whether the life she is currently living is right or wrong. Similar to Stella. She still prays even once in a while. Encouragement from her family made her decide to change for the better.

“berat sebenarnya bund untuk lepas dari *butch*, tapi mak la nangis-nangis di rumah. Sampai mak kecek kalo nak bahagiakan mak, jadilah normal lagi”.

“tau kami bund iko duso, tapi cakmao lagi lah dak. Mungkin sampai ado orang yang baik nian yang bisa nolong kami keluar dari sini”. From the answer, they know that it is a sin. From the looks on Mayang's and Stella's faces, one could still see guilt, even though it was still overshadowed by trauma.

Butch lesbians are more likely to be cold and open. Dressed as masculine, with a cigarette in hand and dressed like a man. The hair is cut very short, the chest is also tied so that the breast bulge is not visible. Butch lesbians can be approached in groups, because when they are seated together they are able to tell their stories without the embarrassment of being heard by others.

## DISCUSSIONS

The results revealed that it was found that butch lesbians claimed that the lesbianism they experienced was inborn. The hormone that plays a role in the formation of male character is the androgen hormone. Androgens are also produced in women but not as much as in men. Androgens are a collection of hormones in men which are produced in the testes, whereas in women, they are produced in the ovaries. Although both are produced, these two hormones have different functions. In males, androgens function to regulate puberty, and sperm production, change the character of the voice and support the growth of body tissue. Whereas in women, excess androgen hormones cause the growth of a mustache or beard and smaller breast size (Zulqaidah, 2018).

Lesbians with hormonal causes are included in egosyntonic homosexuals, meaning they don't realize what's wrong with their egos. Also included in the stone butch. Her appearance is very masculine. There are no female characteristics in terms of haircut, dress style and body gestures. This type of lesbian found to be difficult to accept their natural sexual orientation. Informants are more likely to deny the prevalence of sexual orientation. Moreover, Informant stated that this was not her wish but inborn. During her lifetime, she did not feel any desire for men until now.

Singelman and Rider stated that one phase of human development is obtaining a stable sexual orientation. This stability goes through a long process from being born until adolescence, when someone first discovers a sexual interest in another gender, and at this time, the decision is made to become heterosexual, homosexual or bisexual (Mukhid, 2019).

Research conducted by Santilla et al., stated that the androgen hormone is one of the genetic contributors to determining sexual orientation. However, from the study results, the hormonal factor is not the main reason. The lousy role of the father and parenting approach also becomes another reason for someone becoming lesbian. Informants were educated to act as men both in the form of outfits and game types. The informant's parents did not pay much attention to the informant's development, so the informant felt increasingly comfortable with the decision to become a lesbian.

Soentjningsih in Femlyah states that there are three stages before deciding sexual orientation; sensitization, where the individu experiences different feelings; confusion in identity; and identity assumptions. The results of this study are consistent with research on the causes and phenomena of Butch Stone's fidelity to lesbian couples. The results reveal that the causal factors that make the subject become lesbian are biological factors, environmental factors and psychological factors (Rusmiantini, 2021).

The trauma experienced was reported by two subjects, Mayang and Stella. Initially, Mayang said that her sexual orientation was actually still immature. She has not decided to be a lesbian forever, even though she is currently a lesbian. Mayang admits that there is still a feeling of disgust when starting a same-sex relationship. Mayang is afraid to re-establish a relationship with the opposite sex because she doesn't want to be hurt again. Similarly, Stella's relationship ended sadly, making her change her sexual orientation for about five years, and during that time, she has changed lesbian partners 4 times.

Suwandi stated that no single cause becomes a factor in someone becoming a lesbian. Many factors underlie why humans choose a different sexual orientation from the norm. Biological factors, psychological factors and environmental influences and parenting patterns become collaborations that cause a person to become lesbian. This study found two informants who had heterosexual relationship trauma. Based on the results of the study, only the femme lesbian experienced traumatic experiences, while the butch type was caused by biological factors and upbringing.

Femme lesbians crave a partner that fits their expectations and can only be obtained from butch lesbians. Femme lesbians think that being in a relationship with butch is happier than men because butch lesbians prioritize loyalty and surrender. Butch is considered to understand women better because she experiences women's biological signs such as premenstrual syndrom. Besides that, women enjoy their sexual relationship with butch, they don't need to be afraid of getting pregnant but they still feel the pleasure. Unpleasant heterosexual relationships in the past made women resentful of having relationships with the opposite sex. So that makes someone choose to be a lesbian (Febriana et al., 2018). Supratiknya stated that one of the factors that can make women become lesbians is because they perceive heterosexual behavior as frightening.

Environmental support also led to becoming a lesbian, as happened to Agil's informant, who struggled a lot with fellow lesbians. From the beginning being liked by femme-type lesbians, Agil feels better being a butch lesbian because it turns out

that being a man has more dominance in relationships.

Environmental support refers to the informant's living environment. The first time they become lesbians, women will look to fellow lesbians to find recognition from the group. Initially, looking for friends in the virtual world, then make friends in chat applications so they get acquainted and exchange information. Distance is not a barrier for lesbians to get to know each other (Febriana et al., 2018). As experienced by Agil's informant, the pressure and bullying in her environment and the existence of another lesbian that supports her. Agil feels comfortable in the relationship with the lesbian.

In addition, the results found the lack of religious knowledge and parenting also contributed to the cause of women becoming lesbian. Alex's informant said that when she felt "manhood" since birth, and her parents seemed to not care. Alex even felt that her parents hated him, so he rarely came home. In addition, Alex had never received religious teachings from her parents, and they rarely even worshiped.

Parental attention is vital for children's growth, development and formation of character in children. Not only during infancy and early childhood that need parent attention, but also during adolescence because adolescence is a phase an individual looks for identity. Parents often make fault in character formation, such as the parents' urge to have sons causing wrong education in girls, such as girls dressing up as boys and playing boys' games. A girl who habitually likes to hang out with her fathers and male friends might form a male personality in girls. As a teenager or adult, a lesbian will unconsciously give the status to herself that she is a man. Her character and personality

like this will bring out her lesbian sexual orientation. She only desires the same sex only (Andina, 2016).

Religious knowledge also has a vital role in human life. Moreover, teenagers who are often faced with dilemmas when looking for an identity. Knowledge of religion is not enough that children must be monitored in practicing it because of the eroding morals of today's young generation. Not to mention the abundance of information flows, making it difficult for young people to find out what is right and what is wrong. Teaching children to carry out religious teachings is to protect children from negative impacts that destroy their future. If equipped with sufficient faith and piety, adolescents can think more rationally when facing bad social influences (Ismail, 2019).

Based on interview results, the appropriate counseling guidance methods are individual and group approaches. Taking a direct approach and making guidance material that involved all of the informants' senses. An individual approach is for the femme lesbian because this type is very introverted and shy to tell her life story. The advantage is that the feeling of femme is more subtle, so counselors can play on dissonance and psychological pressure on this type of lesbian. Based on the observations, femme lesbians are softer than average women. This subtle nature is very close to the treatment of wanting to be pampered excessively, so comfort is very important. Femme lesbians can be more open after several approaches. For the first session, it should only be an introduction. The following session can explore the causes of being a lesbian. From this information, counseling can be carried out in stages. Emotional suppression can be seen from the results of interviews about who is dominant in her life and can then



use psychological pressure to inspire her heart to return to a heterosexual orientation.

Meanwhile, a group approach can be applied to butch lesbians because they are open and proud of their identity. The approach to butch is not as easy as a femme lesbian because butch maintains its masculine character. Stone butch types think they were born with it, and God ordained it. So, it is hard to accept the wrong sexual orientation. Therefore, proper Islamic counseling and psychotherapy can be utilized to questioning their mindset.

Research on Islamic counseling and psychotherapy on lesbians and gays mentioned that guidance can be started by instilling in lesbians that this is a test from God and not a mental illness. For that, everyone can change it. Ardiansyah also mentioned that personal-social guidance can help lesbians and transgenders find a way of life in accordance with Islamic law. Counseling for lesbians should be done directly rather than indirect. Using telephone or social media might cause distortion of information. This research does not look at the final product of guidance but only identifies the approach chosen based on the type of lesbian, therefore future researchers can use the Participatory Action Research method so that they can be directly involved in the guidance process.

## CONCLUSIONS

Based on the study results, the factors that cause women to choose to become homosexual or lesbian are biological factors, specifically hormonal influences. This factor is found in butch lesbians. Then, environmental support and miscommunication were found in soft

butch lesbians. Then, the life trauma factor was found in femme lesbians. Furthermore, the factor of **lack of religious knowledge and lack of parental attention** was found in both lesbian types. There is no single factor that causes women to become lesbians. All factors can interplay to cause the decision to become a lesbian. From the results of the interviews, it was found that lesbians still persist with their decisions because no one has been able to motivate them to change. For example, trauma has made her distrust men, so she has no desire to return to heterosexual relationships. Identification of appropriate counseling approaches related to the lesbian type is open and group method for the butch type and individual and closed for the femme type.

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