

Literature Review Of Prevention And Treatment Of Pedophilia Based On Psychospiritual Quran And Sunnah

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ABSTRACT

Pedophilia becomes a serious crime that haunts children in community nowadays. Pedophilia is a current issue that increasing steadily in every year. This problem which considered as serious issue has struck in many places around the world including Malaysia. Pedophilia is included in psychological disorder category and defined as sexual interest toward young children either boys or girls in prepubertal or early pubertal age. Various efforts have been done to overcome this problem, but, the results are still unsatisfactory. The recidivism rate of pedophilia is not a small matter which need to be concern seriously. Therefore, the focus of this study is to find new alternative to solve this problem by creating a prevention and treatment education model of pedophilia based on psychospiritual Quran and Sunnah. Psychospiritual is a spiritual method that has been used to treat problems which related to moral collapse and mental illness. The qualitative studies through textual analysis by using library research approach found that clinical treatments for pedophiles were not very satisfactory besides of provided side effects to the patients. Psychospiritual approach based on Holy Quran and Prophet's Tradition have begun to be used in some places as a new alternative treatment for those who are troubled such as drug addiction problem and produced positive effect. However, this method has not been applied to address the problem of pedophilia. Therefore, it is suggested some research need to be conducted regarding the use of psychospiritual method based on Quran and Sunnah to overcome pedophilia's problem either for the treatment of pedophiles or prevention from being a victim of this crime.

KEYWORDS: *Pedophilia, Psychospiritual, Model, Prevention, Treatment.*

INTRODUCTION

Child sexual abuse is a disgusting crime that must be prevented from spreading continuously and damaging children's future. Child abuse consists of several types such as physical, sexual, emotional as well as persecution (Alavi, K., et al. 2012) and pedophilia covers all these forms. This growing issue has become a universal phenomenon persisting worldwide (Islam, 2015) including Malaysia. Sexual assault and abuse against children will provide negative impacts either on physical, mental or psychological aspects to the victims for a long period of time.

The statistics showed this issue increasing steadily in each year excluded unreported cases. This is because most victims and parents are reluctant to report about the persecution towards children besides being threatened by pedophiles to keep silent about the incidents. Statistics from Royal Malaysia Police (RPM) indicated that 22,234 cases of child sexual abuse were recorded from 2010 to May 2017 with an average of 3,176 cases a year (Norazla Abdul Wahab & Mohd Farok Mat, 2018). Thus, this silence will indirectly cause pedophiles out there feel free to repeat pedophilia's crime frequently as they please. In other words, this action will increase child sexual abuse cases in our homeland and become a big threat for the next generation. Mass media either through television channels, newspapers, radio and others have reported many cases of pedophilia which occurred in various places of the country indicate that children should be watched over by their guardians in anytime and anywhere.

The efforts to prevent pedophilia nowadays focusing more on the role of the victim through sex education while the prevention on pedophiles gets less attention. The act of pedophilia committed by the perpetrators will cause them to be addicted and repeating the act which known as recidivism. They will get addict to this crime such as experienced by drug addicts and alcoholic drinkers who was addicted to drug and alcohol. A research found out the rate of recidivism for child sex offenders are very high, in the range of 10% to 50% for pedophiles (G.A. Capra, et al. 2014). The existing of pedophilia prevention efforts need to be enhanced with the aspects which emphasized by Islamic religion through the recommendations from the Quranic texts and Sunnah guidance. There is no doubt there are several clinical treatments for pedophiles, however, the results are still cannot be considered successful. The review of methods to address pedophilia issues is necessary to produce positive impact in the future. The problem of sexual crimes against children in front of us today could be characterized as a cancer that if we not dealt with it, it will destroy the future of the country (Dewan Rakyat Parlimen ke-13, 2017).

Preventive education should involve the pedophile's group through the psychospiritual treatment. The concept of psychospiritual therapy need to be applied towards pedophiles in order to control themselves from being addicted to pedophilia. According to Dewi Ainul Mardiyah (2016), there are various practices has been taught by Sufis to change the bad personality and attitude of human by getting closer with the God. Psychospiritual approach based on Holy Quran and Prophet's Tradition have usually taken much precautionary measures before a problem arises. It comes in the forms of moral, manner, determination of sin and reward as well as law and jurisprudence. For instance, from the legal aspect, "*ghaddu al-basor*" or keep the eyes, covering

aurah, the manner of associations between adults, adolescents, different sexes and much more like it will avoid us from involve in various social problems including pedophilia. Furthermore, the practices of spiritual form like *zikir*, *doa* and *ruqyah syar'iyah* are capable to curb pedophiles from recidivism. The research from Saiful Amri, et al. (2019) has found that psychospiritual treatment has capability to reduce the rate of recidivism. Commonly, the habit of sex deviation related to the role of demonic seduction and the thrust of lust. Therefore, the used of *ruqyah syar'iyah* producing spiritual strength to surpass the lust. However, this aspect was considered lightly and neglected by some communities.

Psychospiritual treatment has been found effective in restoring the problematic groups in moral and psychological aspects (Zuraidah Abdullah, et al., 2018). Although psychospiritual therapy is still new in Malaysia, but it has been widely accepted and used in the West extensively in treating patients such as drug addiction and moral collapse. The Islamic psychospiritual therapy approach that has been used in treating moral, mental, physical, and spiritual has proven to be effective. Spiritual health was found to be able to cure disease and contribute positive effect on the body health (Khairul Hamimah Mohamad Jodi, et al., 2014). Previously, Islamic psychospiritual therapy approach has been used in rehabilitation of government and private drug addicts. For example, rehabilitation of government such as CCRC Sg. Ruan, Raub Pahang, CCRC Perlop Perak, CCRC Taing Dua, Melaka (National Anti-Drug Agency, 2017). Besides, there are few Muslim Non-Governmental Organization and private institutions used spiritual therapy approach in the treatment of drug addiction such as Cahaya Petunjuk Treatment Center, Jitra, Kedah, Jabat Sufi Treatment and Rehabilitation Center, Simpang Pulai, Perak, Baitul Taubah, Pasir Putih, Kelantan and some other centers (Saiful Amri, et al., 2019). All these treatment programs have showed good and positive results.

Psychospiritual therapy based on Holy Quran and Prophet's Tradition also effective to prevent recidivism issue because it provides strength to the inner spirituality of human. This is because both Holy Quran and Prophet's Tradition are complete and compact with the concept of psychospiritual therapy underlying all forms of maladjustment recovery in the human life. Allah said in Surah al-Isra', verse 82: "*And We send down of the Qur'an that which is healing and mercy for the believers*". Hence, it is understood that the Holy Quran becomes an antidote to cure the disease that has been faced by human either in physical or spiritual form. It includes mental and spiritual disorders, psychological conflicts, emotions and thoughts faced by pedophiles which can be cured through psychospiritual therapy based on Holy Quran and Prophet's Tradition (Mohd Rushdan & Bukhari Osman, 2015). Moreover, Hushim Salleh (2018) said the recommended rehabilitation programs need to have spiritual elements such as the guidance of religious knowledge and strengthening of *aqidah* continuously. Therefore, the implementation of psychospiritual therapy based on Holy Quran and Prophet's Tradition is suitable for pedophiles who have suffered of sex deviation.

There is no special education model yet for the prevention and treatment of pedophiles through psychospiritual based on Holy Quran and Prophet's Tradition until now. This new model

needs to be adapted with the development of latest communication technology. In today's communication technology era, children are now more vulnerable to pedophilia threats when pedophiles are easy to get their image through social networking sites (Alias bin Azhar, et al., 2017). Moreover, children also susceptible to pornography in internet which could lead them to the world of pedophilia. An association in Indonesia which known as 'Yayasan Kita dan Buah' has conducted a survey in 2012 and found that 76% of children aged 4 to 6 of primary school in Jabodetabek have seen pornography (Ratih Probosiwi & Daud Bahransyaf, 2015). It makes the effort to overcome this issue becomes complex and without effective effort, the situation will become uncontrollable. Thus, there are needs for detail research to produce a new preventive and treatment education model of pedophilia based on psychospiritual Holy Quran and Prophet's Tradition to overcome this problem.

Methodology

This study uses qualitative approach as research design. According to Beverley Hancock, et al., (2009), qualitative research is concerned with developing explanations of social phenomena which help us to understand the social world in which we live and why things are the way they are. Creswell (2014) stated there are four basic types of collection procedures in qualitative study known as qualitative observation, qualitative interviews, qualitative documents and qualitative audio and visual materials. However, this study only focusing on qualitative documents through systematic literature review. This approach becomes the first step to get the information about pedophilia and psychospiritual therapy in creating a prevention and treatment education model of pedophilia based on psychospiritual Quran and Sunnah.

Analysis and Discussion

The Threat of Pedophilia Towards Children

Pedophilia is no longer issue that can be ignored by all parties such as government, parents and children's guardians. Although pedophilia still considered as a new issue, the increasing of cases in every year should be stopped rather than getting worse. The research from Nur Saadah Mohamad Aun & Siti Aishah Mohd Yusof (2017) found that not all parents knew about pedophilia in detail. This should be emphasized by all parents and they must be careful of this crime because who knows their children may be one the victims of this crime in the next day. Parents should know how to educate their children from being victims of pedophilia. It is no doubt there are many of those who do not care about this issue because pedophilia does not happen around them. This attitude is also become a threat to their children indirectly. Therefore, it is not surprising if there are many news about pedophilia that can be heard from the mass media about this cruel crime since this time.

There are many sources defined different definitions for the term of pedophilia, but still have the same meaning. Pedophilia is sexual interest toward young children either boys or girls in prepubertal or early pubertal age is and categorized as psychological disorders. The perpetrators of pedophilia known as pedophiles and can be divided into several types. Firstly, Maryam Che Yusoff Shauki & A'dawiyah Ismail (2018) have classified the pedophiles into two types, exclusive

(fixated) and non-exclusive (regressed). The exclusive type means the male pedophile only interested in boys while non-exclusive type means pedophiles who are attracted to both children and adults. Secondly, Eko Setiawan (2016) stated pedophilia consist of two types, namely homosexual pedophilia and heterosexual pedophilia. Homosexual pedophilia means the pedophiles interested in underage boys while heterosexual pedophilia means the pedophiles interested in underage girls. On the other hand, Hall & Hall (2007) added one more type from this category known as bisexual pedophilia which the pedophiles attracted to both sexes. According to Erhamwilda & Nurul Afrianti (2015), the range of age differences between pedophiles and victims must be at least five years to be considered as a pedophile case.

The reality of pedophilia which occurred in society became evidence that pedophilia as a big threat towards children. The diversity of pedophilia cases nowadays shows the level of pedophilia's crime in our country at critical stage. Pedophilia is a dangerous phenomenon. The perpetrators of pedophilia come from various backgrounds including those who are educated with religious knowledge. Raja Noraina Raja Rahim (2018), had reported that the owner of the *tahfiz* center in Kepong, Kuala Lumpur was arrested by the police after being suspected of sexual harassment as well as sodomizing nine teenage students, over the last few months. Regardless of his religiosity background, anyone could become perpetrator of pedophilia because the faith of a person will encourage him to do good or bad in his life. Based on statistics from the Royal Malaysia Police (RMP), from 2014 to 2016, there are 7862 children have become victims of sexual crimes cases (Dewan Rakyat Parlimen 13, 2017). The right of children should be protected from being repressed by irresponsible parties. Based on Article 19 of the Convention on the Rights of the Child (CRC), "children have the right to be protected from torture and treated unfairly physically or emotionally" (Alias bin Azhar, et al., 2017).

The root cause of pedophilia is still largely unknown until now. However, the study has found there are several factors that potentially contribute towards the tendency of pedophilia. The Internet becomes one of the branches for pedophile searching for its prey. According to research from Elga Andina (2017), there are four ways to use internet by pedophiles which is by spreading child pornography, finding the location of children for persecution, build an extreme sexual communication with children and interacting with other pedophiles. Parental monitoring of children in the use of the internet is crucial to ensure their children are not trapped by this crime indirectly. The study conducted by Nur Hidayati (2014) found that economic problems, revenge and high curiosity become the factors that could lead someone to the world of pedophilia. The cruel pedophiles take advantage of the weak mind of children by offering rewards such as chocolate or toys to do and follow their will and desire. There was also a pedophile victim who became pedophile after being persecuted due to stress, depression and feeling of revenge. Exposure to child pornography also could increase the lust and desire to try those actions in the soul of the perpetrator which causes them to be addicted and repeat it for many times.

The tremendous crime such pedophilia surely provides profound effects on the victims. Even pedophiles also will be affected by their act. The effects left by pedophiles, either physically

or mentally will affect the future of the victim. The research carried by Adamczyk (2016) has revealed the victims of sexual abuse experienced disgrace, shame and fear, they hide in the shadow of their tragedy and build a wall of silence which separates them from society. Furthermore, the effect of pedophilia also affected their education at school because they become more imaginative and pensive in the class which interrupting their focus during study (Nur Hidayati 2014). On the other hand, the pedophiles are potentially exposed to Human Immunodeficiency Virus (HIV) and Acquired Immunodeficiency Syndrome (AIDS) because of their behavior having sex with children (Lailatul Firdah, et al., 2015). The pedophiles should realize about this threat because the disease could threaten their own lives. According to Elga Andida (2017), the addiction of pedophilia could extend continuously until for 40 years. Overall, pedophilia is a cruel crime that brings danger to all. Thus, in terms of humanity aspect, both parties either victims or pedophiles should be given attention to be assisted and treated as step towards overcoming pedophilia problem.

Treatment of Pedophilia

The treatment of pedophilia becomes a necessity nowadays due to the increasing cases of pedophilia over the years. Pharmacology therapy is a method of treating pedophiles by using several types of drugs. Nabihah Khalid & Quratulain Yousaf (2018) reported there are two types of drugs that has been used for pedophilic treatment, which namely GnRH antagonists and antiandrogen. Even though the reported result shows 80% patients show less sexual behavior and sexual fantasies within one month by using this method, the side effects of these drugs are liver toxicity, depressive mood of and inhibition spermatogenesis. The side effect of this treatment will cause them to suffer after the treatment. Hall & Hall (2007) also stated the individuals can offend again while in active psychotherapy, while receiving pharmacologic treatment, and even after castration. Kawamoto (2013) also has agreed with this opinion and thought. Psychological therapy is also proven effective for pedophilia treatment such as Cognitive Behavioral Therapy (CBT) which has positive impact on patients such lowering pedophile recidivism rates. However, Ariana Olshan (2014) found the effectiveness of this treatment method is diminishing as time progresses. The existing treatments nowadays are still less satisfying and need to be improved more in order to find and generate new solutions to address this problem.

Psychospiritual Based on Holy Quran and Prophet's Tradition in Treating Illness

The religious aspect is very important for the development of soul. The appreciation of Quran and Sunnah will affect the spiritual value of human soul. According to Abdul Mujib (2015), the quantity and quality of involvement in spirituality will affect human lives which lead them to the happiness. The appreciation of Islamic teachings based on Holy Quran and Prophet's Tradition could purify the soul and keep away from doing wrong. The used of Islamic approach through psychospiritual therapy based Holy Quran and Prophet's Tradition is seen worth to bring back people to their *fitrah* (nature). The most effective treatment is through its own roots which involves the spiritual and internal treatment of a person (Zulfa Izza Mohamed @ Hashim, et al., 2016). The Holy Quran as evidence of revelation from God is the best antidote for all kinds of diseases including pedophilia.

The study which has been conducted by Dewi Ainul Mardiyah (2016) found that psychospiritual therapy has contributed greatly towards the recovery and spiritual enhancement either in physical or mental aspect. However, Islamic psychospiritual approaches based on the Holy Quran and Prophet's Tradition get less attention by researchers. Most of psychotherapists and counsellors are still give more focus on the therapeutic approach led by Western conception without realizing the Islamic psychotherapy discipline is based on the doctrine of *tasawwuf* which sourced by revelation as a solid discipline (Che Zarrina Sa'ari & Sharifah Basirah Syed Muhsin, 2012). The strong Western influence in psychology field caused many researchers and psychotherapists did not realize about the presence of great figures in Islamic history such as Imam al-Ghazali who are experts in *tasawwuf* and psychology field. Generally, this negligence becomes a huge loss especially for Muslims. Although both Western and Islamic psychotherapy have the same purpose to cure diseases, the processes and methods used are differ.

Psychospiritual can be define as a psychiatric and spiritual treatment method based on the divine sources and Islamic practices derived from the Holy Quran, the Prophet's Tradition and the practice of the righteous which are not contradict with the principles of Islamic *syariah*. (Mohd Rushdan & Bukhari Osman 2015). The combination between Islamic values and spirituality in psychospiritual can be used to stabilize the soul and spirituality of the human being to deal with troubled souls such as pedophiles. According to Dewi Ainul Mardiyah (2016), spiritual becomes important point in *tasawwuf* because it has the purpose to attains a closer relationship with the God in order to improves spirituality in the soul through specific practices such as fasting, seclusion, remembrance of God and remembrance of death which have introduced by the Sufis or the righteous. Human spirituality is not limited to worship practices solely, but also including other aspects. *Akidah* or faith is the main aspect in building a good relationship with the Creator. The weak faith in God will affects the quality of appreciation in worship's practices. On the contrary, the strong faith will generate high worship's value which will produce the best personality with good manners and souls.

The purification process of the soul usually takes a long time (Zidni Nuran Noordin & Zaizul Ab. Rahman, 2017) along with continuous effort from the patient. Psychospiritual therapy will purify the dirty soul by removing bad values in the heart as arrogant, ripple, envy, hatred and have bad thoughts against other people. Then, the clean soul from bad nature needs to be adorned with the gentle nature like patience, generosity, inferiority, shame to commit evil, and have good thoughts towards people. This process needs to be trained continuously because the nature of human's heart is always flip or sudden change which has possibility to restore bad habits back which has been removed before. The pure soul which adorned with the supreme nature will produce a great personality and identity which makes the soul obedient to God's command and afraid to commit sin. According to Mohd Rushdan & Bukhari Osman (2015), Islamic psychospiritual will cause a person strive as much as possible to always connect himself with God so that he can avoid himself from doing evil. In other words, it depends on the individual to change themselves towards goodness as well as getting guidance as encouragement and support for successful change.

The use of psychospiritual treatment has begun to be received and has been used to treat various diseases and problems. Apart from being used to treat drug addiction problems, this therapy also has been used for chronic diseases such as cervical cancer that could improve the quality of life and motivate the patient (Romadloni & Nur Mukarromah, 2015). The religious value which instilled in the soul could give tranquility to the patient for receiving the test from God with open heart. Psychospiritual approach are also used to educate children at the young age in developing a good personality to build a strong belief in God. Likewise, with some private pretention centers such as Sahabat Iman dan Insan Malaysia (SIDIM) dan Pusat Kebajikan Darul Islah Selangor (PERKID) which helps people who are involved in social problems like adultery and rape (Sahlawati Abu Bakar, et al., 2017). Psychospiritual also was introduced to treat transgender as effort to guide them back to the right way (Zuraidah Abdullah, et al. 2018). A pure heart that obeys God will always remembers Him and strive to seek and do good deeds as well as to refrain from doing worthless things.

Table 1 shows the implementation of psychospiritual approach that has been undertaken to treat various illness and mental disorder.

Researcher (Year)	Objectives	Focused group	Outcomes
Saiful Amri, Abdulloh Salaeh, Mohd Zohdi Mohd Amin, Rabiatal Adawiyah, Mahsor Yahya (2019)	To make comparison of management between two private drug treatment center that used psychospiritual therapy.	Drug addicts.	The recovered drug addicts from this treatment return to serve this treatment center as staff.
Norhafizah Musa & Che Zarrina Sa'ari (2019)	To discuss forms of stress experienced by breast cancer patients.	Breast cancer patients.	Islamic psychotherapy approach is capable to reduce the stress experienced by patients and becomes a guidance for patients who have mental disorder problem.
Mohd Syukri Zainal Abidin, Che Zarrina Sa'ri, Syed Hilmi Syed Abdul Rahman (2018)	To apply Islamic spiritual psychotherapy which cover <i>solat</i> (prayer) and <i>dhikr</i> (remembrance of God) towards Muslim Autistic children.	Muslim Autistic children.	Autistic children capable to implement both practices although they had some limitation of their ability. This approach also helps the development of these children.

Nursyahidah binti Ibrahim, Syed Mohammad Hilmi bin Syed Abd Rahman, Muhammad Hazim bin Mohd Azhar (2018)	Adoption of <i>Tarekat Qadiriyah Wa Naqsyabandiyah</i> as new alternative psychospiritual treatment for drug addicts and alcohol drinkers.	Drug addict and alcohol drinker.	The outcomes from this research shows approximately 11,000 drug addicts which practices this method back to serve to the community.
Sahlawati Abu Bakar, Nurzatil Ismah Azizan, Nazneen Ismail, Zanariah Dimon (2017)	To explore Quranic approach which used by protection centers MAIS in treating trainees who have social problem.	Trainee who have social problem such as adultery and rape.	The approach that has been used at those protection centers was faith and a spiritual approach, knowledge, discipline and worship, jihad, psychological, prayer, dhikr and others.
Romadloni & Nur Mukarromah (2015)	To identify the effect of intervention of Islamic psychospiritual in the quality of life of cancer patients in East Java.	Cervical cancer patients.	After the patients was exposed to psychospiritual approach, their quality of life is increasing as well as medical healing.

Conclusion

This systematic literature review found psychospiritual approach has been used to treat various problem and illness which related with soul problems. However, this method has not yet been applied to address pedophilia issues either as prevention measure for children or treatment for pedophiles. According to Ariana Olshan (2014), the result of the treatments in handling pedophilia problem which existing nowadays are still unsatisfactory. The efforts to overcome pedophilia issue need to be improved and Moen (2015), stated the review of methods to curb pedophilia issues is necessary to produce a more positive impact because the current unproductive practices need to be changed by other effective initiatives. Therefore, psychospiritual approaches are expected to have a positive impact to address the problem of pedophilia in society whether for victims or perpetrators.

Based on discussion above, it is appropriate to conduct research to address the problem of pedophilia by using psychospiritual Holy Quran and Prophet's Tradition approach. This method includes prevention and treatment of pedophilia as well as suitable for use by every level of society whether children or adults. The teachings of Holy Quran and Prophet's Tradition are the best guidance to overcome every problem faced by human. The process of educating souls with divine values could avoid selfishness and increase faith and obedience to God.

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