



**Psychological Aspects of the Choice Theory Reality Therapy (CTRT) Approach on
Sexual Misconduct: Cases In Women's Shelters**

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Abstract:

The purpose of this study was to examine the psychological component of the Choice Theory Reality Therapy (CTRT) approach to sexual misconduct at the Women's Protection Center. The case study approach was employed in this investigation, with seven study participants and four extra informants recruited using a purposive sample methodology. The data were gathered through interviews, document analysis, and observation. The study took place in women's shelters. The data were analyzed using textual analysis tools. The study's findings show that the psychological element of adolescents that is most required is love, whereas power is less needed. The consequences of this study were to serve as a reference and guide for counselors and researchers interested in assisting persons using the CTRT.

Keywords: Psychological aspects, Choice theory reality therapy, Sexual misconduct, Women's shelters, Counseling

INTRODUCTION

Malaysia has entered a new era devoted to liberty. Here, freedom entails not only freedom of thought but also freedom of action (Beng, 2018; Hamid, 2019). As a result, many teenagers are involved in social issues that encourage them to engage in risky behaviors (Handrianto, Jusoh, Goh, Rashid, & Rahman, 2020). By engaging in sexual misconduct, many youths undergo moral breakdowns. They follow lust's lead solely for the sake of pleasure, with no regard for the future. Adolescents are a valuable asset to any country. Adolescent conduct has an impact on a country's growth.

According to data, the arrest of khalwat cases in the state of Selangor alone has resulted in the most significant number of other cases connected to ethics in all Malaysian states from 1 January 2013 to 2 October 2017, which is 5249 (Azhar, Badarulzaman, Muhammad, & Zaib, 2020). This demonstrates that if khalwat violations are not forcefully stopped - particularly at the level of enforcement and arrest - they will have far-reaching consequences.

The consequences will undoubtedly result in cases of adultery, extramarital intercourse, and extramarital pregnancies, which will result in the dumping of illegitimate childbirths and the abandoning of newborns in Malaysia.

Malaysian Ministry of Health reported that there are 4,000 unmarried pregnant girls, i.e., sexual misbehavior before the age of 18 (National Population and Family Development Board, 2018). According to Hannah Yeoh, Deputy Minister of Women, Family, and Community Development, from 2012 to 2016, a total of 79,302 incidents of unmarried pregnant girls committing sexual misbehavior, or adultery under the age of 18, were recorded.

Various researchers have undertaken several studies in the Baitul Ehsan Women's Protection Center in Selangor (Rita, Muliana, & Handrianto, 2021; Nor Amirah, 2013; Nurul Nadzirah, 2013; Noor Azmawati, 2012; Rohaida, 2012). According to research conducted by Nur Amirah Yahya (2013), print media is an essential outlet for disturbed Muslim teenagers at the Baitul Ehsan Women's Shelter. Nurul Nadzirah's (2013) study discovered that the impacts of mental and social components exist among the elderly at the Baitul Ehsan Women's Protection Center. Meanwhile, Noor Azmawati (2012) studied adulterous pregnancies among Malay teenagers in the Baitul Ehsan Women's Shelter, while Rohaida (2012) studied the background and reasons for trainee admittance Baitul Ehsan Women's Shelter.

Interventions implemented at the Women's Shelter for Adolescents with Sexual Misconduct by Adultery are care and protection (shelter, uniforms, food, daily necessities), counseling (individual, family, group), education (formally, Islamic religious education (fardhu ain), vocational training (sewing, cooking, agriculture), riadhah (parade, ping pong, volleyball, chess, and netball) (Musta'in & Handrianto, 2020). Individual counseling sessions with a counselor trained in the 'Person Client Centered' (PCC) or 'Rational Emotive Behavior Therapy (REBT)' theories.

Choice Theory is the psychological foundation of Reality Therapy, according to Glasser (1998) in Jusoh et al. (2016). Choice Theory, sometimes known as 'Choice Theory,' examines how and why people behave. According to Jusoh (2008), Reality Therapy is the application of counseling theory to assist clients. However, there is no Choice Theory Reality Therapy (CTRT) method at this Women's Shelter to deal with sexual misbehavior. As a result, this study will investigate the psychological aspects of adolescents who commit sexual misconduct concerning the five basic human needs, namely the need to feel as if they have and belong, the need to be in power, the need to have fun, the need for freedom, and the need for survival (Glasser, 1998). When one of the essential wants is not met, the development will lead to addressing that need. Adolescents, for example, who receive less affection and attention from their families are more likely to engage in actions that they believe would satisfy their desire to be loved. Sometimes the individual will act poorly in order to obtain something that will satisfy their desires. Thus, the researchers used the CTRT technique to perform a study on the psychological components of sexual misconduct in the Women's Protection Center.

LITERATURE REVIEW

Choice Theory Reality Therapy (CTRT)

Once the counselor has established a therapeutic connection with the client, the counselor will use the WDEP application to assist the client in achieving the desire by efforts consistent with the client's permission (Siang, Hasan, & Tamhir, 2019). Level W is the starting point for exploration (Wants, Needs & Perception). Level D is the second level of therapy, and it bears the idea of doing and direction. In this stage, the counselor investigates the client's whole conduct (total behavior) in terms of behaviors, ideas, feelings, and

physiology in line with the client's psychological requirements. The third step of Reality Therapy is the evaluation of the client's conduct. Evaluating at Level E During this stage, the counselor evaluates each commitment and therapy that the client wants to pursue. The final step in the 'Reality Therapy' counseling process is to develop an action plan. Wubbolding (2000) and Glasser (2001) refer to this procedure as 'planning' (P). This component of P or planning is critical for the counselor to implement. Simple, attainable, quantifiable planning, promptness, engagement, and student commitment are qualities of good planning. William Glasser's WDEP technique is now complete with these four tiers.

The psychological aspects of adolescents who engage in sexual misconduct are examined in this study, which leads to the development of the CTRT concept, which is based on five basic human needs: the need to feel like one has and belongs, the need to be in control, the need to have fun, the need for freedom, and the need for survival.

External Control Psychology

This psychology of external control is characterized by an overwhelming need or compulsion that prevents an individual from making a decision about what they want. It begins with a conviction in society that individuals may be coerced into doing things they do not want to do. This assumption is the source of the problem (Wubbolding, 2010). Parents, siblings, instructors, and society are examples of individuals who exercise external control over a person's life through psychological manipulation (Rita & Handrianto, 2021). These individuals will make every effort to persuade the individual to behave in a certain way. For example, parents attempt to maintain control over their children by ensuring that they adhere to all of the instructions and directives offered. However, this state causes the youngster to feel uneasy, which in turn leads to undesirable actions in the future.

Internal Control Psychology

The psychology of internal control is a branch of psychology that studies human behavior that originates from the inside. According to popular opinion, people are unable to "compel" others to do what they want them to. Violence and threats directed at others are only successful when the person being forced to obey, i.e., when the person being forced wants to satisfy his or her own needs (Wubbolding, 2010).

As Glasser (1998) points out, 'Choice Theory' is a type of psychology that emphasizes an individual's internal control over his or her actions and rejects the notion that human behavior is shaped by the psychology of external control, which is more geared toward punishing and controlling others if the individual refuses to do what is desired or ordered by others. Instead, the psychology of internal control will emerge as a result of actions that are chosen based on internal motivation, self-selection, flexibility, purposefulness, and creativity, among other factors.

According to this research, the psychology of internal control in adulterous teenagers is founded on the failure to provide fundamental requirements (Siang, Nurdin, & Robinson, 2019). The fulfillment of basic wants guides all human activity. In the event that these fundamental requirements are not supplied, human beings will be in peril. Specifically, these fundamental requirements encompass both physiological and psychological components. The study of physiology includes the study of the urge for survival (survival), which examines features of an individual's natural desire for food, drink, Shelter, and sexuality. The pursuit of psychological wants, which include a desire for "power," a need for "love and belonging," the need for "freedom," and the desire for "pleasure," is also a goal for humankind (Jusoh, 2008).

Psychological Aspects of Adulterous Adolescents

Achenbach and Edelbrock (1987) state that most clinical psychologists, as well as other psychologists, divide two types of problems experienced by adolescents:

Internal confusion

Adolescent difficulties are primarily internal in origin, manifesting themselves as emotional and cognitive symptoms such as depression, as well as in the form of psychosomatic diseases.

External confusion

Problems with adolescents are external in nature and present themselves in the form of behavioral difficulties. It is similar to the issues of delinquent conduct, drug and alcohol misuse, and skipping school that students face.

Psychologists believe that teenagers should be regarded from a spiritual or psychic perspective, mainly when they exhibit actions that are the consequence of mental upheaval or trauma. Many researchers have linked that the early causes of the disorder are involving risk factors such as family environment, peers, neighborhood, schooling, and poverty, as well as early experiences during childhood and adolescence (Hepper, 2008), particularly the development of psychopathology. These problematic behaviors include drug and alcohol addiction, gangsterism (prostitution and sexual assault), and despair, which can progress to the problem of murder or suicide in adolescence or adulthood (Mohammad Nasir Bistaman, 2006).

Adolescents at risk are also correlated with issues related to adolescent psychology in their developmental stages. In the opinion of psychiatrists and psychologists, it has been discovered that adolescents who suffer from psychological diseases such as anxiety and depression during the early stages of primary school are more likely to experience similar behavioral difficulties during their adolescence (Bistamam et al., 2015). Having difficulties with antisocial conduct throughout childhood, for example, increases the likelihood of having problems with antisocial behavior during adolescence.

RESEARCH METHOD

The purpose of this section is to achieve the study's first objective, which is to investigate the psychological aspects of participants in the study and provide an answer to the study's first research question, which is to investigate the psychological aspects of adolescents committing adultery.

Participants were chosen as responders because they possessed the traits relevant to the study's objectives and were willing to participate. Adolescent trainees who committed adultery were those who had become pregnant out of wedlock or who had engaged in premarital sexual relations while staying at the Women's Shelter, as suggested by the study's proposal. In-person therapy sessions with adolescents will cover a variety of topics pertaining to the psychological well-being of the young person. Two adulterous adolescents between the ages of 13 and 15 years, three adultery adolescents between the ages of 16 and 19 years, and two adulterous adolescents between the ages of 20 and 25 years were chosen to participate in the study.

For this section, researchers have assessed qualitative data according to patterns and psychological features, including seven case study participants and four extra informants, to answer the research questions. In general, the psychological characteristics of the research participants had an impact on their conduct, as demonstrated. In addition to the perspectives and viewpoints expressed by survey participants and extra informants, the data validated these findings.

RESULTS

To answer the research questions in this section, researchers have analyzed qualitative data based on CTRT. The five main themes constructed based on CTRT's basic needs concept are (1) Love, (2) Freedom, (3) Survival, (4) Fun, and (5) Power. Several sub-themes are also built under these main themes to categorize and further explain the concept of basic needs based on CTRT.

Table 1. *Theme frequency based on Basic CTRT requirements.*

<i>Theme Basic Requirements CTRT</i>	<i>Theme Frequency</i>	<i>No. Participant</i>	<i>No. Theme</i>	<i>Percentage Informant</i>
<i>Love</i> <i>Love of lovers</i> <i>Love of family</i>	<i>P1 -7 times</i> <i>P2 -5 times</i> <i>P3 -5 times</i> <i>P4 -3 times</i> <i>P5- 2 times</i> <i>P6 -2 times</i> <i>P7 -2 times</i> <i>IT8- 1 time</i> <i>IT9 -1 time</i> <i>IT10 -1 time</i> <i>IT11 -1 time</i>	7	4	28.30
<i>Freedom</i> <i>Freedom of Family</i> <i>Squat of Family</i>	<i>P1 - 7 times</i> <i>P2 - 4 times</i> <i>P3 - 3 times</i> <i>P4 - 2 times</i> <i>P5 - 2 times</i> <i>P6 - 1 time</i> <i>P7 - 1 time</i> <i>IT8 - 1 time</i> <i>IT9 - 1 time</i> <i>IT10 -1 time</i> <i>IT11-1 time</i>	7	4	22.64
<i>Fun</i> <i>Appraisal</i> <i>Sexual Satisfaction</i>	<i>P1-7 times</i> <i>P2-5 times</i> <i>P3-4 times</i> <i>P4-2 times</i> <i>P5-1 time</i> <i>P6 - 1 time</i> <i>P7 - 1 time</i> <i>IT8 - 0</i> <i>IT9 - 0</i> <i>IT10 - 0</i> <i>IT11 - 0</i>	3	0	24.52
<i>Survival</i>	<i>P1 - 7 times</i> <i>P2 - 5 times</i> <i>P3 - 4 times</i> <i>P4 - 2 times</i>	5	2	19.81

	<i>P5 – 1 time</i> <i>P6 – 0</i> <i>P7 – 0</i> <i>IT8 – 1 time</i> <i>IT9 – 1 time</i> <i>IT10 – 0</i> <i>IT11 – 0</i>			
<i>Power</i> <i>Controlled by the</i> <i>perpetrator</i> <i>Issue of family</i>	<i>P1 – 2 times</i> <i>P2 – 1 time</i> <i>P3 – 1 time</i> <i>P4 – 0</i> <i>P5 – 0</i> <i>P6 – 0</i> <i>P7 – 0</i> <i>IT8 – 0</i> <i>IT9 – 1 time</i> <i>IT10 – 0</i> <i>IT11 – 0</i>	3	1	4.72

Overall, the topic of fundamental requirements, based on the notion of CTRT, is intended to persuade research participants to commit adultery. This theme evolved as a consequence of interviews with study participants and other informants, as well as document analysis, and it is described in detail below. The feature of love is the most dominating aspect, accounting for 28.30 percent of all votes, followed by the aspect of pleasure, accounting for 24.52 percent of all votes, and the aspect of freedom, accounting for 22.64 percent of all votes. The next factor to consider is survival, which accounts for 19.81 percent. Finally, the power element was the least dominating, accounting for only 4.72 percent of the total.

Love

One of the first themes to emerge in relation to the psychology of internal control that was founded on CTRT was the concept of love as a motivator. The analysis of sexual misbehavior patterns among the seven participants in the love-related study was divided into two primary sub-themes: lover or boyfriend love and family love, which were further subdivided into two sub-themes. Based on the analysis of in-depth interview data as well as the examination of registration documents and counseling sessions, it was determined that both research participants committed adultery as a result of components of lover love as well as parts of family love. A selection of transcript excerpts that depict the sub-themes of lover's love and family's love are presented in the following sections.

Love of lovers

Then he said he liked me all. Then I can couple with him. I'm a couple with him, come now... After that...aaa..he asked me to have sex.

P1/S1/LB

Before we made that relationship, we didn't feel like crazy love.

But after that, it feels like we've shared everything with him

P1/S2/LB

Love of family

Before this, I felt like it wasn't fair to people... right...But when I came in here I saw that these people (family) were really... people said it was my loved ones.

P1/S2/LB

..then when every time mom comes, mom hugs me, mom kisses me..that thing is like what I did to my mom. I feel impressed until now even though I have forgiven her...

..I didn't get close to my mother..because..maybe..because of my temperament, my temperament like to do things,

P1/S1/LB

Feeling unloved by my family..Ask for anything from my friends because if I ask my family, I can't. When I want something..Mother prefers sisters and brothers

P5/S/LB

aaa..ok..in my opinion..there are various factors that cause them to fall into this sexual misconduct. aaa..most of the results of the counseling session investigation that I conducted, found that the family factor was the main factor. mm..either the family relationship factor is too tight or too loose ..

P8/S/LB

lack of parental love, with technology that is too sophisticated now it's all close to the thumb

P10/S/LB

people actually pay less attention than parents. either mom and dad are too busy or mom and dad are the type who don't care about children

P10 /S /LB

if based on the study, dr. audit during the day..mmm..the cause of their problems..40% or less is from family problems...

P11/S/LB

In conclusion, it was discovered that all seven research participants had difficulties committing adultery because they were motivated by the need to satisfy the requirements of

affection, whether it was from lovers or family members. Because of their great need to satisfy their need for love, the participants in the research permitted themselves to commit adultery on a number of occasions. Generally speaking, this characteristic of love is perceived to be the most important feature of the research participants who have difficulty committing adultery.

Freedom

The second theme that develops concerning the CTRT component is the concept of liberty or libertarian ideology. Two sub-theme categories have emerged in light of the data triangulation: independence from the family and chains of family responsibilities. Aspects concerning the degree of freedom granted to teenagers as well as the level of constraint shown by parents towards their children are covered in this sub-theme. A total of two research participants expressed a desire for independence and escaped from the chains of their families. Some instances of transcriptional sequences that depict the subthemes of liberation from family and restraints inside the family are provided in the next section.

Freedom of Family

I'm stressed in the house like each other aaa..what people say push me to do this for that... I really don't like to study..It's just me..whatever people say I do..like I want to be free like other people .. Just want what people say .. want to be free ..

P1/S2/FR

Free with friends and outsiders... Hang out until morning with friends

P5/S/FR

Go out alone for a walk... enjoy

P7/S/FR

Mom is angry..sleep at a friend's house, sleep at a friend's house, meet a friend, even a friend's stories..bring a male friend, sleep together, feel something new.

P9/S/FR

People are more inclined to want to play, to enjoy, to satisfy themselves, it feels like a loss if they don't do what their friends do ..

P10/S/FR

Squat of Family

..I feel like stress..I feel like I want to run away from home..I think I kind of don't like sitting alone.

there are cases where these parents are very rigid. I mean they expect us to take care of their children very perfectly.

P8/S/PO

The outcomes of this study, in conclusion, demonstrate that the freedom factor has a role in the occurrence of sexual misbehavior among the study participants. Participants in the survey said that being free of familial obligations and restraints was the most important factor in their being readily discovered committing adultery with their boyfriends.

Fun

The third theme that appears related based on the aspect of CTRT is the aspect of pleasure which is broken down into three sub-themes namely (1) Getting appreciation, (2) Satisfaction of sexual intercourse and (3) Getting entertainment and joy.

Appraisal

The need to satisfy the desire for pleasure was seen to have prompted both study participants to commit adultery. For example P2, having sexual intercourse to satisfy the need for pleasure by gaining appreciation from the boyfriend. The following is an excerpt from an interview with P2.

...more than husband and wife..always by my side..easy or difficult..he really appreciates me

P2/S3/F

Sexual Satisfaction

In addition, P1 also stated that P1 gets pleasure and satisfaction when having sexual intercourse with her boyfriend. The following is a P1 interview statement regarding sexual satisfaction.

after the first time..then I said no..don't want that..a few weeks ago, he asked me to do it again for sex.Before we people had sex, we people didn't feel like crazy love..But Then it feels like we've shared everything with him

P1/S2/F

Net Entertainment and Joy

The third sub -theme that stands out from the aspect of fun is getting entertainment and joy. A total of three study participants stated that they feel fun when with friends or boyfriends, especially when having sex. In addition, the attraction of outdoor fun also makes these teenagers easy to follow.

I will mmm..have fun with friends..indeed... you can forget our problems right..if you go home, aaa... come back feel like..feel like you all want to run away..I was hanging out with friends in Form 5, which isn't much ok ..

P2/S2/FU

For the streets... fun .. happy with friends

P6/S2/FU

Best Convoy with friends .. Best very, very much

P7/S2/FU

I like to emphasize one of the influences is the influence of friends. These trainee friends became friends with them and were also taught the method of adultery as one of the ways to release stress so that they could have fun together. kind of plague more or less. So the influence of peers is very much one of the factors as well.

P8/S/FU

for example, there is no money to buy things so pawn yourself... listen to the sound of water, jirus Je..at first we weren't sexual misconduct right..haa..what if .. I remember what the thing is..apparently we've been together for a long time You know ... we asked him, and he talked about what he did. He did oral sex, one of them .. friend .. sometimes maybe in terms of media .. what .. phone .. he looked at facebook to ..

P9/S/HK

She's already felt that sex..when it's social. who exchanged partners, who did have pakwe, people said social life ..

P9/S/HK

People are more inclined to want to play, to enjoy, to satisfy their own hearts, it feels like a loss if you don't do what your friends do..but maybe when you come in here, maybe..you are aware..you think..you can think, I may be the eldest child, there are many responsibilities near siblings, parents ..

P10/S/HK

then..that's 40% .. another 30, another 40 %..it's an environmental problem..this environment is fine..association with friends..that's the most..then 30% is the trainee himself ..

To summarize, enjoyment has an effect on the prevalence of sexual misbehavior. The pleasure experienced with friends and partners, as well as the joy associated with sexual intercourse, made it extremely easy for the offender to deceive the participants in this research.

Survival

Survival is the fifth theme that emerges as being significant in light of the CTRT component. According to the findings of data triangulation, three out of nine research participants claimed that they sustained their connection with the offender because they needed to satisfy survival criteria in order to stay alive. For example, when it comes to sexual wants, they believe that they must constantly be satisfied. As a result, they enable themselves to continue engaging in sexual misbehavior with their lovers to ensure their own survival.

He told me to do it and I just followed what he told me. So it depends on the trainee because the trainees have different backgrounds.

P8/S/KL

It is true, in conclusion, that the participants in the research of teenagers who have difficulty committing adultery must make intelligent decisions about how they will fulfill their fundamental requirements in order to ensure their continued survival. To keep oneself from committing sexual misbehavior in the future, it is vital to take proactive and logical steps..

Power

Based on the analysis of interviews and observations, the next theme is the power aspect. That is the aspect controlled by the perpetrator. This theme was formulated comprehensively for all study participants.

Controlled by the perpetrator

For the perpetrator-dominated sub-theme, both study participants stated that they committed sexual misconduct for the first time was due to compulsion where the perpetrator dominated them.

Overall, it was found that the study participants of adolescents with sexual behavior problems were more easily taken advantage of and controlled by the perpetrators due to their young age and lack of strength to fight the perpetrators.

He asked me to massage him ... with us shirtless people. After that..I..I..if he told me to massage him..I sat on him..after that..with him lying down..Sometimes I came back late because I was hanging out with him.

P1/S1/PO

I already ... had sex with him

P1/S2/PO

Issue of family

incest..it's like a family, a family problem that can't be stopped. She tried to run away but it couldn't be because it was family

sometimes pakwe, pakwe sometimes say if you love me, ko for..that's me..it means sexual intercourse (adultery) he becomes afraid ..

P9/S/PO

DISCUSSION

Participants in the study reported that the CTRT Individual Counseling Process has aided them in developing a better knowledge of themselves and making plans for the future. Individual counseling sessions done on them by the CTRT have equipped them with an understanding of the abilities they would need to be successful. Despite the fact that each participant in the research have a comprehension of the nature of understanding, they do not know how to put it into practice. Individual therapy sessions with CTRT enable them to make plans for what needs to be done and to be better equipped to deal with the reality of the issue. Furthermore, the CTRT application has aided research participants in expanding their knowledge as well as in having discussions about their future plans. When a person who has committed sexual misbehavior is able to move and govern oneself well, they will be successful. Individual counseling provided by the CTRT, according to research participants, has also been useful in exposing them to good self-management and long-term planning strategies. Participants in the study were also able to maintain their attention on their true objectives.

This feedback is the outcome of a study of interviews conducted following the implementation of the CTRT strategy in addressing sexual misconduct in women's shelters. Based on participant feedback, it appears that when participants in this study were exposed to information on the five (5) "fundamental requirements," they gained confidence in their decision-making abilities. This is due to the fact that research participants are capable of making good plans for the future. According to the students' response, they also mentioned that knowing these five (5) 'fundamental requirements' has assisted them in understanding themselves and making plans for the future.

According to P8, the CTRT technique utilized in the study can aid in the understanding of the psychology of the participants in the study. It was also because of the CTRT Individual Counseling procedure that the study's extra informants were able to comprehend the basic requirements of the participants better. As a result, it makes it easier to uncover basic unmet requirements that are impeding the application of effective remedial methods among research participants by bringing in more informants. The research participants' fundamental requirements were identified, according to other informants, after they were able to define their own basic needs. It has assisted the research participants in identifying the fundamental demands that are not satisfied when working as trainees. It also aids in the identification of the five fundamental human needs required by the study participants.

Results of this study focus on the CTRT method, which is believed to be a useful and practical theory that counselors in their daily practice can use. Counselors will benefit from this since it will help them broaden their counseling theories and bring value to their careers in the field of counseling. Additionally, it has the potential to raise the level of professionalism of the counselor himself. Moreover, while adopting the CTRT technique, counselors can learn precise processes to follow when conducting individual counseling sessions with clients.

According to the findings of this study, individual counseling employing the CTRT technique has been shown to be helpful in investigating the psychological elements of teenagers who engage in sexual misbehavior (Handrianto, Jusoh, Goh, Rashid, & Saputra, 2021). Individual counseling applications based on the WDEP were quite effective in helping research participants enhance their skills. Provide advice to research participants in executing their future plans through investigation of study participants (W), identification of members' directions and evaluation of members' directions (E), and establishing an action plan with group members (P), among other activities.

Even in their most minute details, counseling sessions in 'Reality Therapy' give counselors fresh insights on how to conduct effective therapy sessions. Counselors can observe how much 'Reality Therapy' may benefit teenagers who are engaging in sexual misbehavior on a regular basis. Users of CTRT theory will have a better grasp of 'Reality Therapy' as a result of this study, which will be expanded upon when further studies are done. According to Gladding, this will help the counselor better understand the client (2004). This demonstrates that CTRT may be applied in a number of cultural settings when it is done in a Shelter.

This study serves as a model for future research in counseling theory, namely the CTRT method, and will help advance the discipline. In this workshop, counselors will be able to create and exchange technique experiences with other counselors while utilizing the CTRT approach. CTRT is a relatively recent notion among Malaysian counselors (Jusoh, 2008). There are certain GBKs who are not well-versed in the theory of CTRT, both in detail and in-depth. This research adds a new dimension to CTRT, which may be used in conjunction with other counseling theories. Even studies give exposure to counselors by providing them with a comprehensive understanding of the subject matter. Counselors can utilize and implement this notion as a result of this research. This also contributes to the overall written document.

Additionally, the individual counseling procedure used at the Shelter can assist counselors in understanding the impact of the CTRT method on the individuals who receive services. This individual counseling approach can be offered for use in a range of difficulties involving teenagers who have engaged in sexual misbehavior in order to enhance their self-esteem and the future planning of Women's Shelter trainees, among other things.

CONCLUSION

The CTRT approach technique has been implemented to assist in the treatment of teenagers who engage in sexual misbehavior in accordance with CTRT (Rudin & Jusoh, 2020). The CTRT individual counseling process was utilized to assess the impact of the application on study participants, and the results were used to inform future research (Kratcoski, Kratcoski, & Kratcoski, 2020). This study is a case study in which participants were interviewed with the purpose of gathering information. The impact of the CTRT individual counseling process in exploring the psychological aspects of adolescents who commit sexual misconduct can also be seen in terms of the five basic needs of love, pleasure, freedom, survival, and power, which are explored through the CTRT individual counseling process. Additionally, using the CTRT technique, research participants were able to identify fundamental requirements as a teenager. Using this technique also assists study participants in developing a more organized strategy for achieving their objectives after they have left the Shelter center. Furthermore, this study has led to the development of CTRT individual counseling, which may be utilized for future research in many elements of socio-cultural, location, and also the flow of shelters, among other things. In addition, the theoretical method adopted in this study provides counselors with a fresh infusion of information. During a relatively short length of time, counselors are also exposed to the implementation of CTRT

theory in the context of individual counseling. The knowledge and skills learned can assist the counselor in increasing the efficiency with which he or she conducts counseling sessions, whether alone or in groups.

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