

Islamic Counseling with Self-Management Techniques to Reduce Addictive Behavior of Watching Korean Dramas among Adolescents in Surabaya

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ABSTRACT

This study aims to examine the effectiveness of implementing Islamic counseling combined with self-management techniques in helping adolescents reduce excessive Korean drama watching behavior. The research employed a qualitative approach with a case study design involving a 19-year-old female student from a university in Surabaya who exhibited high viewing intensity that interfered with her academic activities, social interactions, and religious practices. Data were collected through observation, semi-structured interviews, and personal documentation, then analyzed using the Miles and Huberman interactive model consisting of data reduction, data display, and conclusion drawing. The results revealed positive behavioral changes, indicated by a decrease in viewing duration from an average of 5–7 hours per day to approximately 1–2 hours after six counseling sessions. Moreover, the participant demonstrated improved time discipline, impulse control, and consistency in performing religious duties. Islamic values such as muhasabah (self-reflection), awareness of accountability to Allah, and avoidance of excessive behavior strengthened the subject's intrinsic motivation to maintain adaptive behavioral changes. These findings suggest that integrating Islamic counseling with self-management techniques can serve as an effective approach to address digital entertainment addiction among adolescents. Further studies with a more diverse range of participants are recommended to enhance generalizability and develop a more structured intervention framework.

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INTRODUCTION

The development of digital technology in the world has experienced consistent progress over time (Nurhanudin & Kartimi, 2024). This development has made it easier to access entertainment. In digital technology, entertainment covers many things, such as ease of communication or enjoying media such as films (streaming). A phenomenon that is now widespread and popular among teenagers is watching Korean dramas. Korean dramas, or Drakor, are Korean-language television series produced in South Korea. Not only on television, these programs can also be accessed via mobile phones, with many teenagers watching these dramas to the point that it has become a habit and led to excessive internet use. Many teenagers neglect their activities and even skip study hours to watch these dramas for extended periods, often referred to as "marathons." The

tendency of viewers to continuously allocate free time to watch various Korean dramas consisting of many episodes (Romadhon, 2018).

This condition can be categorized as addictive behavior if it occurs continuously. It is characterized by difficulty controlling oneself, feelings of restlessness if the urge is not satisfied, and a strong urge to continue watching. From an Islamic perspective, an important aspect that a Muslim must possess is self-control (*mujahadah an-nafs*). Islam teaches the importance of utilizing time wisely (and avoiding excessive behavior, while prioritizing more important and beneficial activities). Therefore, counseling intervention grounded in Islamic values is needed to help adolescents address these issues.

One counseling approach that can be used for this behavior is the self-management technique. Self-management is a behavior control strategy that includes the process of monitoring, regulating, and evaluating oneself independently with the aim of achieving the desired results and encouraging more positive changes (Suryanti et al., 2021). Through Islamic counseling, this technique is directed not only at external behavioral change but also at strengthening spiritual awareness so that the counselee can manage their habits to avoid excess and discern which shows have a positive impact on them.

Based on the background description above, this study aims to describe Islamic counseling using self-management techniques to reduce Korean drama addiction among adolescents and analyze its effectiveness in improving self-control and balancing daily activities among adolescents.

LITERATURE REVIEW

1. Definition of Korean Drama Viewing Addiction

According to the perspective of psychology (Arifin et al., 2020), addiction is defined as a state in which a person has a desire or urge to do or use something that will make them feel good and get a pleasant result from the behavior. Davis defines addiction as a form of psychological dependence between an individual and a stimulus, which is not always in the form of a specific object or substance. Meanwhile, according to Marjorsy, addiction is a condition of attachment to a habit that is difficult to break, causing the individual to lose the ability to control themselves in carrying out enjoyable activities. Based on the views of these two experts, it can be concluded that addiction is a form of dependence on something that causes the individual to lose self-control in its use or in carrying out certain activities that provide a pleasant sensation. This condition arises because of the positive experiences or pleasure generated by the addictive activity.

2. Aspects of Korean Drama Addiction

Addiction to watching Korean dramas, according to Vanderwater (Utami et al., 2022), can be observed through the intensity of viewing, which is divided into four main indicators, namely:

- a. Attention while watching, which is an individual's ability to understand the plot and content of the drama being watched.
- b. Watching duration, which is the amount of time spent watching in a single day.
- c. Watching frequency, which is how often someone watches in a week.

3. The Impact of Korean Drama Addiction

According to Angelicha(2020), watching Korean dramas can have various negative effects on adolescent behavior. These effects include making adolescents lazy, spending a lot of time without benefit, being more easily carried away by emotions, experiencing eye health problems, disturbed sleep, paying less attention to their surroundings, and tending to procrastinate on work or other responsibilities because they are reluctant to leave the show they are enjoying.

Furthermore, according to Putri Rahayu & Ade Irma in (Utami et al., 2022), there are several effects of Korean dramas:

- a. The emergence of hallucinations, commonly referred to as "delusions," is often associated with an excessive interest in the attractive appearances of actors and actresses in Korean dramas. It is not uncommon for individuals experiencing this to imagine or fantasize about having a personal relationship with these characters, even imagining them as their romantic partners.
- b. Sleep disorders are also one of the most common effects. Teenagers generally need around 8-9 hours of sleep every day. When sleep time is reduced from this requirement, individuals tend to have difficulty concentrating, especially when participating in learning activities at school.
- c. Difficulties in concentrating can occur due to the drama's storyline being interesting and memorable. When individuals are overly influenced by the storyline, their minds are often distracted, reducing their focus on other activities. In addition, some dramas also feature adult scenes that have the potential to negatively influence the mindset and cognitive development of teenagers.

4. Understanding Self-Management

According to Khotimah, self-management strategies are a form of behavior management that includes the process of monitoring, regulating, and evaluating oneself with the aim of achieving positive change and desired results. Meanwhile, Sukadji explains that self-management is a behavior regulation procedure involving five main components, namely determining and monitoring behavior, selecting a procedure design, implementation, and evaluation of results. In principle, this strategy emphasizes that individuals have the ability to learn and direct themselves.

Furthermore, Indryaningsih defines self-management as the process of manipulating various events, both internal and external, through accountable actions. Gunarso adds that self-management is a form of Cognitive Behavior Therapy (CBT) that encompasses four main aspects, namely monitoring, reward giving, behavioral contracting, and self-control. Meanwhile, according to Megantari, the application of this strategy requires a controlled environment so that individuals can reduce negative behaviors and eliminate the factors causing the problems they face. (Suryanti et al., 2021). In addition, self-management is a technique in behavioral counseling that focuses on learning and managing individual behavior. The main objective of applying this technique is to help individuals change maladaptive behaviors into more adaptive ones, so that they can function more effectively in their daily lives (Latif et al., 2025).

5. The Purpose of Self-Management

The main objective of self-management is to help counsees develop more adaptive behaviors. Conceptually, self-management is based on several principles, namely: (1) behavioral change is achieved through the application of one or more strategies involving the management of internal and external factors of the individual; (2) the individual's willingness to accept the behavioral change program is an important prerequisite in building self-motivation; (3) the active involvement of individuals as the main agents in the change process is an essential aspect; (4) the results of change are expected to be long-lasting by fostering individual responsibility in applying these strategies in daily life; (5) behavioral change can be achieved through learning skills in facing and solving problems; (6) individuals need to be able to recognize and regulate themselves so as not to get caught up in situations that can trigger unwanted behavior, while also learning to prevent it; and (7) individuals are expected to be able to manage their thoughts, emotions, and actions effectively, so as to reduce negative things and reinforce positive and correct behavior (Suwanto, 2016).

6. Steps in Self-Management Techniques

The stages in applying self-management can be explained as follows: (1) the counselee first identifies and records the target behavior, including the causes and effects of the behavior; (2) the counselee determines the desired behavior as the direction of change; (3) the counselee formulates various alternative self-management strategies that can be used; (4) the counselee selects one or more strategies that are considered most appropriate; (5) the client verbally commits to implementing the selected strategies; (6) the counselor provides explanations, instructions, and examples of how to implement the strategies; (7) the client reviews their understanding of the strategies to be implemented to ensure readiness; (8) the client begins to implement the agreed-upon strategies; (9) The client records the implementation of the strategy and the development of the target behavior; (10) The counselor and client review the data from the implementation to determine the continuation or revision of the program; and (11) The client documents their personal development and provides positive reinforcement as a form of appreciation for the progress achieved (Lilhawaditsi et al., 2024).

METHOD

This study uses a qualitative approach with a case study design, as it aims to deeply understand the experience of a teenager who is addicted to watching Korean dramas and the process of applying Islamic counseling with self-management techniques to help change their behavior. The qualitative approach was chosen so that the researcher could explore the data comprehensively, not only in terms of visible behavior but also in terms of the psychological, spiritual, and social dynamics that accompany this habit. Through a case study, this research focuses on one individual as the main source of data so that the results can describe the process of behavioral change in detail and contextually in accordance with the background of the counselee's life.

The research subject was selected using purposive sampling, with the criteria being a 19-year-old teenager who exhibited excessive internet use, particularly for watching Korean dramas, to the extent that it interfered with their academic, social, and spiritual activities. In addition, the selected subject must also be willing to actively and openly participate in the entire counseling process. This specific selection of subjects allows researchers to gain a deep understanding of the forms of digital entertainment addiction behavior and the effectiveness of applying self-management strategies in the context of Islamic counseling.

Data collection was carried out using three main techniques, namely observation, semi-structured interviews, and documentation (Mochamad Nashrullah, 2023). Observations were made during the counseling process to observe changes in behavior, emotional expressions, and the counselee's responses to the guidance provided. Semi-structured interviews were used to explore more in-depth information about the background of behavior, motivation for watching, obstacles in self-control, and the subjective experiences of the counselee during counseling. Meanwhile, documentation in the form of counseling notes, reflection journals, and self-monitoring sheets were used to complement the interview and observation data, as well as to serve as authentic evidence of the development of the counselee's behavior over time.

Data analysis uses Miles and Huberman's interactive model (Ardiansyah et al., 2023), which includes three main stages, namely data reduction, data presentation, and conclusion drawing. In the data reduction stage, researchers select and focus on information relevant to the research objectives. Next, data presentation is carried out in the form of descriptive narratives that systematically describe the process and dynamics of changes in the behavior of the counselee. The final stage is drawing conclusions, where researchers interpret the findings to explain the effectiveness of self-management techniques in the context of Islamic counseling. To maintain data validity, researchers apply source and technique triangulation, which involves comparing the results of interviews, observations, and documentation, then verifying the findings with the counselee to ensure the validity of the information.

The Islamic counseling process using self-management techniques is carried out in several sequential stages, which include an initial assessment to identify problems and causal factors, the development of an intervention plan and behavior change strategies, the implementation of structured self-management exercises, and a final evaluation of the extent to which behavioral change has occurred. Each counseling session integrates Islamic values, such as awareness of one's responsibility to Allah SWT, the importance of avoiding excessive behavior (*isrāf*), and efforts to control one's desires (*mujāhadah al-nafs*).

Thus, this research method not only aims to examine the effectiveness of Islamic counseling with self-management techniques in reducing Korean drama addiction among adolescents, but also hopes to contribute practically to the world of Islamic guidance and counseling. This research is expected to serve as a reference for counselors in applying a comprehensive approach that combines psychological and spiritual aspects to help adolescents develop self-control, discipline, and balance in their lives amid the rapid flow of digital entertainment.

RESULTS

The subject of this study was a female student with the initials FR who was studying in the city of Surabaya. The counselee lived with her close friend, who was also a student. The counselee showed a tendency to spend an excessive amount of time watching Korean dramas, with an average duration of 5 to 7 hours per day. She watches dramas almost every day, even choosing to stay up late in order to binge-watch them. She usually accesses these dramas via her cell phone and sometimes also uses her laptop to watch them. This habit has gradually had various negative impacts on her daily life.

From the results of interviews and observations, it is known that the counselee often delays or even neglects their college assignments and other responsibilities because they prefer to watch dramas. A decline in concentration in their studies has also become apparent, marked by difficulty focusing when doing assignments or attending classes. In addition, the counselee also admitted that the intensity of watching Korean dramas caused them to lose some of their time for worship, such as praying on time and reading the Qur'an.

The counselee revealed that they had difficulty controlling themselves when they felt the urge to watch new episodes of the series they were following. They felt compelled to continue watching even when it was not the right time, for example, when doing assignments or before bedtime. This situation indicates an uncontrolled behavior pattern and leads to a form of mild addiction, where watching TV becomes a top priority over other more important and beneficial activities. Thus, the client's condition reflects a behavioral issue that requires intervention through counseling, particularly using self-management techniques, so that they can learn to manage their time, control the urge to watch, and rebalance their academic, social, and spiritual activities.

The Islamic counseling process using self-management techniques in this study was carried out through six sessions that were arranged systematically and continuously. Each session had specific objectives and steps aimed at helping the counselee recognize, control, and change their habit of watching Korean dramas excessively into more balanced and productive behavior.

In the first session, the counselor conducted an initial assessment to obtain a comprehensive picture of the counselee's condition. This assessment included an in-depth interview about viewing habits, frequency, duration, the times most often used for viewing, and the motivations underlying this behavior. In addition, the counselor also explores the impact felt by the client, both academically, socially, emotionally, and spiritually. Through this stage, the counselor can understand the internal and external factors that influence the client's behavior and determine the appropriate focus of intervention.

The second session focuses on setting goals and behavioral targets. Together with the counselor, the client is invited to set realistic and measurable goals for change, for example, by limiting the time spent watching Korean dramas to a maximum of two hours per day. This process is carried out through a consultative approach so that the client feels committed to the agreed goals. The counselor also explains the benefits of these behavioral changes, both in a worldly context (time efficiency and improved performance) and a spiritual context (fulfilling one's responsibilities as a Muslim).

In the third session, the counselor introduces the self-management strategies that will be used. The client is instructed to keep a daily log (monitoring sheet) containing their schedule of activities, viewing times, duration, and more beneficial alternative activities. This log serves as a means of self-control as well as a tool for daily reflection for the client to assess their progress.

The fourth and fifth sessions focus on implementing strategies and providing positive reinforcement. The counselor periodically monitors the client's progress, provides additional guidance, and gives appreciation or praise when the client successfully achieves the set targets. Positive reinforcement is given in the form of verbal motivation, symbolic rewards, or spiritual encouragement so that the client feels valued and increasingly motivated to maintain their behavioral change.

The final session is an evaluation and reflection stage. At this stage, the counselor and the counselee jointly review the results of the program's implementation, assess the extent to which the objectives have been achieved, and discuss the obstacles that still need to be overcome. The counselor helps the counselee to develop follow-up strategies so that the changes that have been made can be maintained consistently. In addition, this session also closes with mutual reflection and prayer as a form of spiritual reinforcement, so that the counselee always asks for God's help in maintaining discipline, controlling themselves, and directing their time to more beneficial activities.

During the counseling process, there was significant progress in the counselee. The changes were gradual, in line with the counselee's consistency in implementing the self-management strategies agreed upon with the counselor. Initially, the counselee still had difficulty controlling the urge to watch Korean dramas, but with intensive guidance and assistance, he began to show better self-control.

Specifically, the duration of viewing, which was initially 5-7 hours per day, began to gradually decrease to a more reasonable limit of about 1-2 hours per day. The client also showed improved discipline in managing time, especially in balancing study activities, helping with household chores, social interactions, and rest time.

In addition, the client began to have the ability to resist invitations or internal urges to watch excessively, especially when he realized that there were other obligations that had to be prioritized.

Through the application of principles in Islamic counseling, the counselee increasingly understood the importance of time management in daily life. He began to realize that excessive behavior (*isrāf*) in the form of using time for unproductive things can have negative effects, both on oneself and on one's relationship with Allah SWT. The spiritual values instilled in the counseling process help the counselee to reflect on his goals as a Muslim, namely to use time wisely and in a balanced manner.

In addition to behavioral changes in watching television, the counselee also shows improvement in religious aspects. He begins to try to improve his worship habits that were previously often neglected, such as performing prayers on time and reading the Qur'an regularly. This spiritual awareness grew as a result of the *muhasabah* process (Mulyasari, 2023) carried out with the counselor, which encouraged the counselee to continue to improve themselves, control their desires, and direct their behavior towards things that are more beneficial and pleasing to Allah SWT.

The results of this study indicate that the application of Islamic counseling using self-management techniques is proven to be effective in reducing the level of addiction to watching Korean dramas among adolescents. Through a structured counseling process, the counselee was able to show real changes in terms of self-control, time management, and reduction in the intensity of excessive viewing behavior. These findings are in line with the basic concept of self-management, which emphasizes the importance of an individual's ability to monitor themselves, set focused goals, and apply positive reinforcement as a means to modify maladaptive behaviors towards healthier and more constructive behaviors.

Furthermore, integrating Islamic values into the counseling process has a significant influence on increasing the spiritual awareness and moral responsibility of the counselee. This religious approach not only focuses on outward behavioral change, but also fosters an inner awareness that self-control is part of *mujāhadah al-nafs*, or the struggle against excessive desires (Harahap et al., 2024). In addition, understanding the prohibition of excessiveness (*isrāf*) (Idris, 2018) is an important foundation in helping clients understand that excessive use of time and entertainment can be detrimental to oneself and distance a person from the balance of life taught in Islam.

Thus, Islamic counseling combined with self-management techniques is not only effective in changing maladaptive behavior but also plays a role in strengthening the moral and spiritual aspects of the counselee. This approach helps individuals not only to reduce addictive behavior but also to build self-awareness, discipline, and ongoing religious responsibility as a manifestation of applying Islamic values in daily life.

Practically, the results of this study show that the application of Islamic counseling with a self-management approach can be used as an effective alternative strategy in helping adolescents who are addicted to digital entertainment, especially Korean dramas. This approach offers a combination of systematic behavior management and the instillation of spiritual values that are in line with Islamic teachings. Through this combination, the counseling process not only focuses on controlling external habits but also fosters inner awareness to take responsibility for the use of time and daily behavior.

These findings also support previous research showing that self-management-based interventions play an important role in improving self-discipline, independence, and individual responsibility for one's behavior. On the other hand, the integration of the Islamic counseling approach contributes to strengthening the spiritual aspects underlying these changes, so that the process of behavioral transformation is not only temporary but also rooted in religious awareness and deep moral values. Thus, self-management-based Islamic counseling can be a comprehensive intervention model for adolescents facing the challenges of addictive behavior in the digital age.

CONCLUSION

Based on the results of the research conducted, it can be concluded that the application of Islamic counseling with self-management techniques has proven effective in helping adolescents reduce their addictive behavior of watching Korean dramas. Through the application of this technique, the counselees showed positive behavioral changes, such as the ability to manage time more disciplined, a significant decrease in viewing duration, and an increased awareness of the importance of personal and spiritual responsibility.

The self-management approach provides space for counselees to become agents of change for themselves through a process of independent monitoring, regulation, and evaluation of behavior. On the other hand, the integration of Islamic values strengthens the spiritual and moral dimensions, so that the changes that occur are not only behavioral but also touch on aspects of inner awareness. The values of self-control (*mujāhadah al-nafs*) and the prohibition of excessive behavior (*isrāf*) are important foundations in forming healthier, more productive habits that are in accordance with religious guidance.

Practically, the results of this study confirm that self-management-based Islamic counseling can be used as an alternative guidance strategy for adolescents who are addicted to digital entertainment. This approach not only focuses on reducing maladaptive behavior but also guides adolescents to develop spiritual awareness, independence, and self-discipline.

The suggestion for further research is to conduct it on a larger number of subjects with diverse backgrounds so that the results can be generalized more broadly. In addition, the development of Islamic counseling-based interventions with other techniques can also be explored to enrich the approach model in dealing with addictive behavior among adolescents in the digital era. Thus, this study is expected to contribute to the development of Islamic guidance and counseling, particularly in efforts to shape a young generation with character, morals, and wisdom in utilizing technological advances.

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