

MORAL DILEMMA AND HELP SEEKING BEHAVIOR FOR GAY

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ABSTRACT

Gay has occurred more often these modern days, which is not common in terms of sexual behaviour. For Indonesian society, that behaviour is against their view, since they uphold the norm of law and religion as part of their life, and therefore it may lead to a Moral Dilemma. Usually a person that experiences this dilemma would seek help from others (hence the term "Help Seeking Behaviour"). Because of that, this experiment had a purpose of knowing how gay with Moral Dilemma seek help. The method that was used in this experiment were qualitative, specifically by case study approach that was performed by two gay as well two "Significant Others" as the experiment subjects. Furthermore, observation and deep interview were carried out throughout the experiment as data collection methods. Result shown, that both subjects experienced Moral Dilemma and both of them were also aware, that seeking help was necessary. However this was merely their thoughts and intention, because subjects were not courageous enough asking for professional help or even telling their closest one concerning their problems.

Keywords: Gay, Moral Dilemma, Help Seeking Behaviour.

INTRODUCTION

The development of gays that appears and is increasingly prevalent goes hand in hand with the pros and cons that are developing in society, especially in Indonesia. Pratama (2018) states that Indonesia is the country with the 5th largest LGBT population after China, India, Europe and America. This is in line with data adapted from (Syalaby, 2016) based on a report from the Ministry of Health, which revealed that the number of men having sex with men (MSM) or gays has reached millions / organizations in Indonesia to be precise in the city of Bandung where most of the male members are gay.

The word gay first appeared in England through a Germanic source in the 12th century AD which connotes joyous, free, detached and flashy. The earliest known use of the term gay was in 1920, an extension of the word from a sexual connotation with the meaning of being free/unrestricted. (Harper Douglas, 2001-2013). Furthermore, the term gay began to be used in the 19th century and became more popular in the late 20th century according to (APA: Style Guide) the term gay is referred to by LGBT groups to describe a situation where a man is attracted to people of the same sex. In line with this statement, in modern human life the term gay is a part of homosexual which means male sexual attraction to the same sex (Supratiknya, 1995). According to experts, gay status has changed from time to time. Purnama (2017) explained in 1952 at DSM I, gays were included in the group of psychopathic mental disorders. Then in DSM II in 1968, gay was included in the list of sexual disorders. Until the last revision, namely in 1993, gays were declared normal. Then in DSM III gay is included in a sexual disorder not otherwise specified / disorder that is not specified, in DSM IV gay is re-entered as a psychiatric disorder. Until the last DSM V gay was removed from the list of psychological disorders. This shows that until now gay status is still being debated.

As is well known, most people in Indonesia adhere to Islam, which does not allow same-sex relationships. In QS: Al-A'RAF: 81 which says "Surely you come to men to release your lust (to them), not to women, instead you are a people who transgress limits." which in the verse of the Qur'an Allah SWT calls gay people as people who transgress boundaries.

Likewise with the story of Prophet Lut AS, where Allah SWT cursed a people called the Sodomites, because in that area the inhabitants were same-sex adulterers. This reinforces the cons of the community, especially those who are Muslim, that gay people are behavior that is contrary to the teachings of Islam so that it is not accepted by society. In addition, the community also strongly adheres to moral, cultural and legal values so that it increasingly raises the pros and cons of gay self-identity. This is evidenced by research conducted by (Liang, 2010) based on data from the last decade, showing that society's rejection of individuals with the same sexual orientation/gay people, commonly referred to as homophobia, has increased significantly. Another research source, conducted by the Indonesian Survey Institute (LSI) in 2005 noted that 60% of respondents refused to live in an area with gay people. The survey was conducted back in 2012 and noted that more than 80% of respondents refused to live in an area with gay people. (Wardana, Amika and Sri Indah, 2011).

The emergence of gays in the midst of public life raises the pros and cons. Some people criticize the existence of gay people because they are considered to have abnormal behavior and deviate from religious teachings as well as culture. Some others accept it as part of appreciating their existence in Human Rights (HAM). Some people who are pro-gay people often use human rights as a shield to protect gay people, arguing that gay people also have the same opportunity and are not entitled to discriminatory behavior. Oetomo (2001), states that some see it as a choice for the right to life, but many also see it as deviant and immoral behavior. Another source, Ary (1987), stated that the rise of gay people still invites pros and cons among the public. Negative views about homosexuality that cause gays still receive discrimination and other social sanctions.

A similar thing happened in a group where most of them were gay, who experienced a moral dilemma because of self-identity that was contrary to the negative stigma of society. (Julia Christensen, 2014) Stating that the moral dilemma has become the standard methodology for research on moral judgment, which describes a situation where two moral reasons conflict with each other. Another source, (Campbell, 1984) states that a moral dilemma is a condition in which a person is faced with two alternative choices, neither of which is a satisfactory solution to the problem being experienced. In this case gays experience a moral dilemma which is faced with two situations that are both unfavorable. The first option, following one's own desires, is to become a gay person who is faced with all the risks. The second option is to oppose the self-need's desire to become gay because it considers religious norms, societal norms and applicable law. Those two choices cause a gay person to experience a moral dilemma. Not only that, some gays also experience a moral dilemma when they want to change their sexual orientation so that it returns to normal.

(Christensen Julia F & FlexasAlbert, 2014) reveals that there are four main dimensions in formulating a moral dilemma:

Personal Force: Personal force requires someone to be directly and actively involved in taking action. In other words, not taking action mediated by mechanics/tools.

Benefit Recipient: Someone will be more likely to choose actions that are beneficial to themselves than actions that benefit others.

Evitability: This dimension looks at whether the possibility of loss/damage from an action can be avoided or not.

Intentionally: Refers to whether the resulting action is intentional (intentional), or whether it occurs as a result of the side effects of something.

Someone who is experiencing a dilemma tends to make efforts to seek help/help seeking behavior. (Asley and Vangie, 2005) Defines Help Seeking Behavior as the behavior of seeking help from other people who have roles and are beneficial to people in need. Another source, (Rickwood D, 2005) stated that the assistance in question was obtained through two sources. First, informal sources (family members, relatives, friends, etc.). Second, formal sources, namely professional assistance (doctors, psychologists, teachers, etc.). Liang (2005), revealed that there are three stages in help seeking behavior that focus on individual and internal cognitive processes (in self) including: First, problem recognition and definition (this stage starts from a person's understanding of the problems faced, determines the difficulty of the problem and evaluating the severity of the problem) Second, the decision to seek help (at this stage a person feels limited in himself in dealing with problems so he feels the need to ask for help from others. Third, the selection of help (required to identify sources of assistance in advance for the problems faced, this source of assistance will be a reference in seeking further assistance). From the three stages above it can be concluded that, first an individual understands and acknowledges the problem at hand, then an individual feels the need to get help from other people and the last is to whom they will ask for help to overcome the problem at hand. Help seeking behavior has characteristics, namely: problem oriented, is a deliberate action, is also an interpersonal instruction. In these characteristics it is clear that help seeking is an act done on purpose. Choose help actively, and is described as behavior that has been planned and purposed (Cornelly and McCarthy, 2011). Based on the description of these characteristics, it can be concluded that help-seeking behavior is carried out on the awareness and intention of an individual from the abilities and problems being faced in order to solve a problem.

The help seeking dimension is based on the help seeking scale put forward by Pajers, Cheong & Oberman, 2004 in the journal *Predicting Success in Teacher Certification Testing: The Role of Academic Help Seeking*. (White Marie C, 2011)

Instrumental: Occurs when a person really needs the help of others because they cannot solve their own problems.

Executive: In seeking executive assistance, someone asks for help from others to solve their problems and tends to ask for help in the form of answers (not instructions) to the problems they are experiencing.

Avoidance: Someone tends to avoid help openly and tends to seek help privately.

Perceived benefits: By seeking help, a person expects that the benefits that will be received can help solve the problem at hand. The benefits and expectations of a person can vary according to the wishes and what is faced.

In this research, according to what researchers have seen in the field, gays experience a moral dilemma due to various stigma factors that develop in society. Some gays also feel the need to seek help but don't know who to look for, this is where the researchers see the need for this research with the aim of being able to reveal how to seek help (help seeking behavior) among gays who experience moral dilemmas. Besides seeing how the moral dilemma experienced by gays, also seeing how gays make efforts to seek help? Who do gays seek help from? And do gays seek professional help, especially psychologists?

RESEARCH METHODS

This study uses a qualitative design. Qualitative research utilizes open interviews to examine and understand the attitudes, views, feelings and behavior of an individual or group. (Moeloeng, 2015) This qualitative research was chosen, because the research to be conducted is exploratory in depth on one subject (Morse, 1991).

In accordance with the purpose of this study, which is to find out how to seek help (help seeking behavior) from gays who experience moral dilemmas, in this research method the researcher will use the case study method bearing in mind the need to deepen the subject and the actual or ongoing cases. In accordance with (Creswell, 2010) which says that the case being researched is an actual/real life event, ongoing, and not a case that has passed. With a focus on moral dilemma research and help seeking behavior.

(Lofland, 1984) reveals that the main source of data in qualitative research is the words and actions of the people being observed or being interviewed, the rest is additional data such as documents and others. The subjects in this study were two gay men. The first subject, a private employee, came from the city of Bandung, aged 25 years. The second subject was a student from Bandung, 20 years old.

Furthermore, in this study data will also be taken from significant others (SO) or secondary subjects, which according to (Poerwandari, 2005) secondary data sources refer to contextual compatibility and are directed to typical cases according to the specificity of the research problem. In this study, 2 significant others will be taken, namely one from each subject. The significant other for Subject 1 is his close friend/ex-boyfriend, while the significant other for Subject 2 is his own sibling.

In this study, it was arranged in several stages, which according to Moeloeng (2007), there were four stages in the implementation of the research, namely as follows: Pre-field stage. In this stage there are several things to do including:

- a. Request the availability of subjects to act as informants in this study.
- b. Develop a research design, including background problems, literature review, selection of research tools, design of data collection and design of data analysis.
- c. Approach the research subject
- d. Develop research proposals that are in accordance with the problems to be studied.
- e. Develop techniques in data collection to be carried out.

Field work stage. There are several things to do at this stage, including:

- a. Set a data collection schedule
- b. The process of collecting data, starting from conducting interviews with informants and significant others, then observing some of their activities.

Conducting inquiries based on answers that are unclear, or if an interesting response is found from the subject. Inquiry is also conducted to dig deeper into the information provided by the subject.

Data collection in this study used the observation method which (Arikunto, 2010) defines observation as a data collection technique that is carried out by conducting careful research, as well as systematic recording. In this study, the observation method was used because the researcher wanted to see a description of the behavior that occurred in certain circumstances. Observations are made to provide additional information in the form of additional information about the actual situation. In this study researchers observed individual behavior in their activities. In addition to the observation method, semi-structured in-depth interviews were also

used. The in-depth interview technique has a principle where researchers and informants meet face to face in the interviews conducted. In in-depth interviews, a focused discussion took place between researchers and informants regarding the problem under study (Poerwandari, 1998). In addition (Denzin and Lincoln, 2000) also said that in-depth interviews aim to dig deeper into a phenomenon that is being studied. The questions asked to informants are open statements. Researchers can also ask unstructured interview questions. Researchers can develop more in-depth questions about a topic based on the answers given by informants. The interview guideline was made from the adaptation of the theory of the moral dilemma dimension (Christensen Julia F and Flexas Albert, 2014) with 32 questions and the theory of the help seeking behavior dimension by (Cheong and Obberman, 2004) with 26 questions. The same thing was done in making guideline questions for significant others.

Next is the data analysis stage which is an effort to organize systematically based on interview records, observations in order to increase research understanding of the case being studied and present as findings to others (Noeng Muhadjir, 2002). In this study data analysis using coding. After the data has been collected, the data is analyzed using coding. There are several kinds of coding processes, but what will be used in this study is Open Coding, namely the process of detailing, testing, comparing, conceptualizing and categorizing data.

The validity of the data in this study uses a triangulation technique. Sutopo (2006), revealed that triangulation is the most commonly used method to increase validity in qualitative research. Of the several types of data triangulation that will be carried out in this study is theoretical triangulation (testing the validity of data using the perspective of more than one theory in discussing the problem being studied so that more complete and comprehensive conclusions can be analyzed and drawn) and secondary data triangulation (the process by which researchers in collecting data using different sources) obtained through a significant other (SO) of two people, consisting of one from each subject.

RESEARCH RESULTS AND DISCUSSION

Subject Research Results 1

Characteristic description. The subject is a 25 year old man who has a height of 183cm and a weight of 85kg so that his body shape looks proportional. The subject has a square face shape with brown skin tone, brown eyes, and black hair with a short crew cut to give a neat impression.

When the subject arrives, shake hands tightly, then do cipika cipiki. The subject's appearance looks neat enough by coming wearing a jacket with a brown hoodie model, jeans pants and wearing black shoes.

During the interview process, the subject seemed uncomfortable when mentioning the word "gay" explicitly, so that several times the subject laughed or replaced it with the word "that's it" when mentioning "gay". This is in line with the fact that the subject feels that he is in a crowd so that it is rather awkward to be heard by other people. But this only took place at the beginning of the interview, because after that it was seen that the subject felt more comfortable in telling stories marked by the subject being interviewed while smoking, making the subject look more relaxed during the interview process. Overall the subject was quite cooperative in answering the questions asked, so the interview went smoothly.

In the aspect of the dilemma in the interview conducted with subject 1 he admitted that he was experiencing a dilemma, there were several dilemmas experienced by the subject. Among them

are the dilemma when entering college because they have to choose a major, the dilemma of choosing a job, the dilemma because of family problems, but the subject's biggest dilemma is that he is gay. The subject is confused by his choice between remaining gay or returning to being normal. The subject said the feelings he experienced were feeling dizzy and confused about his dilemma. The subject also said that the reason he was still in a dilemma and had not been able to return to normal included that his sexual orientation had no interest in the opposite sex (women). The subject admits that his choice to be gay is a wrong action, the subject also admits that his action is contrary to the rules of the religion he adheres to but he has the view that his condition, namely liking men, is innate.

According to him, the biggest dilemma that he feels is himself being a gay where his sexual orientation does not like women's names, the subject also feels guilty and is aware of his condition and is not the same as the usual rules that apply in society. As a person who is Muslim, the subject realizes that it is a sinful act and will be punished by Allah. In the interview, the subject wanted to change to be normal, to be a man who generally likes women, the subject talked about his desire to change and leave his current condition and return to normal, but the subject was confused about how to do it. The subject also added that he was confused about this problem, besides his age that was getting older, the subject was confused about how he changed himself to become normal. Due to the experience of his friends who had the same sexual orientation and tried to change but eventually returned to normal (back to being gay).

In the narrative of the subject in dealing with a perceived dilemma so far he has not found a way out, the subject is facing this dilemma by living his current condition, even though the subject is experiencing mental problems as a result of the perceived dilemma, the subject feels it is a disgrace and is afraid that his condition will be known by others other. However, the subject tried to overcome this problem by suggesting that one day the subject could return to normal.

The subject's choice of action in facing this dilemma, according to him, is one of the attitudes taken as a step so he can change himself back to normal and try to like women even though he realizes that this has not produced results. The subject also felt confused about his condition, why the subject could like the same sex, which he knew now had become his lifestyle.

In his narrative, the subject has experienced abnormalities in his sexual orientation for 10 years, but the subject has only experienced the peak of his dilemma just one year ago. Within the past 1 year the subject felt his sexual orientation towards the same sex. And if asked to choose a subject, they choose to remain gay, because it is in accordance with their identity and feelings. For him the choice is his desire for freedom according to his desires. However, the subject is aware that his actions violate religious norms and rules and regulations that apply.

Related to the advantage the subject got from his first choice, the subject said that he felt himself by being gay. When the subject was asked about the second option, namely returning to normal, the subject actually intended to return to normal, but this had not been implemented. This was because the subject felt that there were still too many temptations and support from the gay community. Then regarding the second option, namely returning to normal, the subject stated that in fact the subject felt benefited because by choosing the second option the subject became normal and was not overshadowed by guilt and also the fear of being found out by his parents.. because the subject still chose the first option the subject felt disadvantaged namely where he feels he is a marginal in the eyes of society, feels guilty and not to mention now he is an Insomnia.

To avoid the public spotlight, the subject sometimes pretends to be interested in the opposite sex by flirting with women in front of his friends. The subject feels that his current condition is an unintentional act, and the basic reason for the subject experiencing a dilemma is that he actually wants to remain gay but conflicts with the prevailing norms and rules.

The dilemma felt by the subject arises because the subject feels that his actions violate the rules of the state and religion. The background of the subject is experiencing a dilemma because he feels that he is getting older and is afraid of death while he feels that his actions are a sin. The subject's action in solving the dilemma is by suggesting himself. Apart from that, the subject also tried to ask for advice from his friend by venting. However, here the subject asks for advice from fellow gays so that the subject feels that he does not get an answer to the problem he is facing.

The subject admits that he needs help in solving his dilemma, because the subject himself admits that he already has the intention to change but the effort to change himself has not been successful because he is still influenced by environmental factors, most of whom are gay. The assistance needed by the Subject is a person who is able to provide a solution or way out in dealing with his dilemma.

So far the subject has been trying to make changes and overcome his problems by searching, reading articles about his problems and also confiding in people he trusts, in this case his ex who is a fellow gay, because according to him by venting he feels he can get out his feelings. The assistance obtained from asking for help from others is in the form of advice and support only. The subject only told about his dilemma only to people he really trusted because the subject was worried that what he confided would be disclosed to others. When the subject confided in him he felt even more dizzy with his dilemma because according to him the advice given was in the form of an actual choice that was the subject of the dilemma. So far the subject has been trying to make changes and overcome his problems by searching, reading articles about his problems and also confiding in people he trusts, in this case his ex who is a fellow gay, because according to him by venting he feels he can get out his feelings. The assistance obtained from asking for help from others is in the form of advice and support only. The subject only told about his dilemma only to people he really trusted because the subject was worried that what he confided would be disclosed to others. When the subject confided in him he felt even more dizzy with his dilemma because according to him the advice given was in the form of an actual choice that was the subject of the dilemma. The subject hopes that by visiting a psychologist he will get a solution and avoid the current sexual life, according to him, by coming to a psychologist, he will get insight that is in accordance with his knowledge. The subject believes that by visiting a psychologist or psychiatrist he can recover, but the subject is still confused about how to ask for professional help.

Subject Research Results 2

Characteristic description. The subject is a 21 year old man who has a height of 170 and a weight of 71 kg so that the body shape looks proportional. Subject has an oval face shape with clean white skin color and looks very well groomed. Black eyes, and black hair with a short crew cut so that it gives a neat impression.

Subject was wearing knee-length shorts with a dark blue and white checkered pattern, also wearing a dark blue short-sleeved t-shirt. The subject also wears glasses with black frames.

The subject sat next to the researcher, and looked enthusiastic in answering questions, as evidenced by his gesture which leaned forward when answering questions.

At the time of the interview the subject answered with a somewhat stammered and convoluted vocabulary making it rather difficult to understand the subject's answer. However, this did not cause significant obstacles, even though the subject was very cooperative and open in giving answers. The subject feels that his life is currently in a comfortable state, this is because the environment supports his current condition. Subjects feel accepted in the environment. However, the subject was again afraid when facing conditions outside his environment. In facing this dilemma, the subject answered that he was just going through it and sticking to his choice of being gay. However, the subject was afraid of being ostracized if his condition became known, fearing that he would later become the subject of discussion.

The subject feels that his current choice to remain gay is because he has not found the right way to get out of his environment, the subject also says that his current choice is temporary because the subject has not found a way. The decision on this choice is the subject's own choice. The subject told that the initial condition experienced by the subject was that when he was small the subject liked girls' toys but had not thought about being gay, but towards the end of high school and entering college it was accompanied by the activity of the subject becoming a model in an environment where most of them were gay, interest in the same sex began to exist. From there the subject feels that he has a place with his disorder and feels supported. But he still has faith that one day he can return to normal. In the interview, the subject said that he had been in a dilemma for two and a half years, while what the subject felt was a crisis of self-identity, then the subject felt dizzy with his situation and confused about why this could happen.

The subject said that if he had to choose, the subject wanted to remain gay, he felt comfortable with his condition and felt himself. Subjects think if they still choose to be gay. However, when the subject was asked about the second choice, the subject felt that it was not to his liking, but the subject added that if he chose the second option, the subject would feel calm and not be haunted by guilt and would not have to cover up his condition. For now the advantageous position for the subject is to remain gay, because apart from according to his wishes he also gets material benefits from his partner and the public is not suspicious if he is with a boy he still chose the first option (Gay) he felt his mental health was disturbed, the subject also often thought about and could not add friends.

According to him, the subject's current condition (Gay) is not an intentional act, his current condition is the result of environmental influences that turn him into a gay. Initially the subject was dating the same sex, from there the subject felt comfortable and thought that was where he should be. The dilemma experienced by the subject is a condition where the subject wants to remain gay but the environmental conditions that do not support it tend to be counter. The dilemma felt by the subject is a form of concern for his family and environment. Even the subject's parents had asked the subject about a girlfriend but that was precisely what triggered the dilemma in him until now. One of the ways the subject deals with his current problem is by avoiding the environment which he thinks supports the first choice. But he failed because he returned to an environment dominated by gays. The subject feels he needs help. The assistance that the subject needs at this time is how to make the subject get out of the environment and not come back. The assistance that has been received so far has only been in the form of a friend to confide in and even then with his own sister. My sister suggested asking for help from the experts. Because he himself was also confused and could not provide a solution to the

problem his brother was facing. The subject here only shares complaints and has not received a solution.

The subject realized the need for help in dealing with his problem, according to him a psychologist was the right choice, but the subject did not have the courage to ask for help from a psychologist and was only just thinking. From the help of a psychologist, the subject hopes that he will recover and no longer experience dilemmas and make his life better in the future. Even though the subject is still doubtful that the help of a psychologist will succeed in bringing him back to normal. The subject said that when his heart was ready he would seek help from a psychologist.

Significant Other (SO) Research Results 1

In the interview session with Significant Other 1, Subject 1 said that it was true that Subject 1 experienced a dilemma, the dilemma he felt was that the subject felt uncomfortable with his current condition as a gay. The subject realized at the age of 25 that what he was doing was a mistake. The subject wants to change and return to being a normal man who likes the opposite sex, not the same sex.

According to SO1, the subject is a positive thinking person and has the belief that one day he will change. Positive thinking is the action taken by the subject in dealing with his dilemma. The subject also encouraged himself so that he could get out of the dilemma he was experiencing. So far the subject still chooses to be gay, this is because the subject does not know where to start so he can change. The subject never asked for SO1's opinion when he experienced a dilemma and asked for a solution from him. SO1 gives advice to the subject to rethink about what will be his choice. Because according to SO1 turning into normal is something that is not easy. This is because many SO1 colleagues are gay and want to change, but in the end they come back and are still trapped in being gay. Subject asked SO1 for help when he was still his girlfriend, SO1 and subject underwent a relationship for 6 months. The impact caused by the dilemma is that the subject complains a lot and thinks about his condition being gay, the subject becomes a person who thinks a lot and he also looks worried.

Based on SO1 knowledge, the subject wanted to change as seen from his personality which began to change, the subject worshiped more and talked about his desire to change. According to SO1, the choice of a subject who is still gay is a realistic action, there is a feeling of concern for the subject when asked to choose these 2 options, the subject is worried that when he changes, he is afraid that one day he will return to being gay. According to SO1, the subject's actions are actions that are detrimental because they think of something that is not certain what will happen, the subject becomes a person who is a little confused and indecisive. The subject's actions are only limited to thoughts but have not been able to make it happen because according to him currently the subject is still gay and keeps in touch with gay.

The real action taken by the subject is to tell SO1 his complaints, for the subject it might be able to lessen the burden on his mind, when experiencing a dilemma the subject tends to be stressed, a dilemma that the subject feels because he is afraid of sin and feels sorry for his parents considering his old age. 25 but no sign of wanting to get married yet.

According to SO1, the subject's condition is a condition that requires assistance, namely people who understand and understand their condition and are able to provide a way out so that the subject can change and return to normal. So far the subject has only asked for help from SO1 and has not asked for help from others. Requesting professional assistance has not been carried

out by the subject because it seems that the subject does not yet know the procedure for asking for such assistance. The subject feels worried when he wants to ask for help from other people who he thinks cannot be trusted because he is afraid of being bullied if someone else knows and doesn't like him. For this reason, by asking for help from professionals, the subject hopes to find answers to the problem of him being gay. The subject's ignorance of how to behave in facing a dilemma is one of the proofs that he needs help.

Research Results Significant Other (SO) 2

In the interview session with AIG as SO2 he knew very well that Subject 2 was in a dilemma, from his statement that what SO2 understood was where Subject 2 felt the dilemma was that he felt in a dilemma because he had already become gay. According to SO2 that the subject was originally a normal person and did not have deviant sexual behavior. However, when he finished high school and the subject joined modeling, his older brother or subject 2 and 2 were carried away by the environment to become gay. SO2 said that when the subject experienced a dilemma, the subject would feel confused, sad and confused, even because he kept thinking about his problem he had trouble sleeping. As far as SO2 knows, the subject's actions in dealing with his dilemma do not exist, only with intention. Currently, what the subject is doing is only venting to SO2 about the dilemma he is experiencing. The subject wants himself to remain gay but clashes with many things including religion and the norms that apply in society. But on the other hand, the subject is afraid that his current condition will be known by his parents, so the subject is confused about finding a way out in dealing with his problem.

For now, according to SO2, the subject still chooses to be gay because he has not found a way to get out of his current condition. In taking action the subject does it alone without the opinion of others. Apart from himself, the subject usually tells his girlfriend who is also gay or also his friends who are also gay too. So far, SO2 has only listened to complaints from subject 2. The goal is for the subject to feel his feelings out and make him relieved. The subject only gives suggestions to come to a psychologist or someone who understands the problems the subject is facing. According to SO2, the negative impact arising from the dilemma experienced by the subject is that the subject feels afraid, sad and has trouble sleeping because he thinks about the problem. But even so the subject looks happy and comfortable when in the environment or the gay community. The subject actually wants himself to return to normal again, but because he is already comfortable, it is difficult for the subject to get out of the gay world.

Among the two choices offered between remaining gay or returning to normal, according to SO2 that the subject is currently still comfortable with his first choice, namely remaining gay. According to SO2 materially it is not detrimental to the subject, instead it tends to be profitable, but the subject loses on his mental health. The action taken by the subject in overcoming the problem is by telling SO2, even the subject is so open that SO2 finds out about his relationship with the same sex that is currently being carried out. It's a material loss, you can't even make a profit because in the world of working capital you get money from there which is not bad.

SO2 said that the subject's feelings in this dilemma were looking sad and dizzy, but on the other hand when he was with his girlfriend and friends in his community he looked happy and happy, this showed that the subject was in an unstable condition. As SO2 knows that the subject actually doesn't want his current condition, one of the reasons is the fear of being found out by his parents and disappointing them. SO2 said that the subject's feelings in this dilemma were looking sad and dizzy, but on the other hand when he was with his girlfriend and friends in his community he looked happy and happy, this showed that the subject was in an unstable

condition. As SO2 knows that the subject actually doesn't want his current condition, one of the reasons is the fear of being found out by his parents and disappointing them.

With regard to the assistance provided by SO2 to Subject, it was not actually based on SO2's initiative but rather on the subject asking for SO2's assistance because according to SO2 it was a sensitive matter so he did not dare to offer assistance first here the subject is not a person who easily shares his problems with anyone, so it is only to SO2 that the problem is known. The subject's efforts in seeking help can reduce the burden on the subject's mind and also this effort is a form of his efforts to return to being normal and being human in general.

DISCUSSION

1. Moral Dilemma

Subjects 1 and 2 both experience a moral dilemma regarding their desire to be gay but are contrary to the growing stigma and dilemma regarding their desire to change, but have not found the right way. The same thing was also expressed by SO regarding the dilemma experienced by the subject. The difference between the two subjects lies in the main factors of the subject that make him experience a moral dilemma, in subject 1 thinking about the factor of religion which in his religion prohibits same-sex relationships, community stigma and age factors, while in subject 2 with negative stigma factors that develop fear of being known as gay identity family.

(Oyvind Kvalnes, 2014) says that Moral Dilemmas are more faced with challenging situations, so they have a moral intuition about what will be the right choice based on personal moral beliefs which are also influenced by community / culture. Based on this, the two subjects were both faced with situations that challenged their morals, namely being gay which contradicted the stigma of society, law, and religion, so that the choices they made were influenced by the morality of each or their environment.

2. Characteristics

Subjects 1 and 2 both said they wanted to change back to being men with normal sexual orientation, and did not want to return to being gay again. Subject 1 has made several efforts such as finding out through internet pages, applying positive thinking and getting closer by increasing the intensity of worship in accordance with the religion they adhere to, namely Islam. Meanwhile, Subject 2 has not made any efforts related to his desire to change.

Age is thought to be one of the reasons the two subjects have different characteristics. Subject 1 was 25 in his interview stated that age made him think how long he would be gay. Subject 2 is 20 years old and in his interview it is revealed that he tends to still feel comfortable being gay.

The length and experience of being gay is also likely to be one of the causes for the two subjects having special characteristics. Subject 1 admits to being gay since he was 15 years old, in other words, he has been gay for 10 years. While subject 2 admitted to being gay since the past 2.5 years.

3. Help Seeking Behavior

Subjects 1 and 2 both make efforts to seek help from others/help seeking behavior. (Mechanic, 1962) Defines help-seeking behavior as the behavior of seeking active help from other people, in other words, a form of communication to get help in understanding, giving advice, seeking

information, and providing assistance in general in responding to problems. Both also choose seek informal assistance rather than professional assistance.

(Rickwood D, 2005) States that most people tend to seek informal help and do not engage in behavior seeking formal help, namely professionals to deal with mental health problems. This is in line with what happened to the subject of this study. Subject 1 seeks informal help from his close friend/ex-boyfriend who is also a significant other (SO) for the secondary data source of this study. Subject 2 sought informal assistance from his own sibling who was also a significant other (SO) for the secondary data source of this research.

4. Seeking Formal Help (Particularly Psychologists)

Subjects 1 and 2 both know of a psychologist and have the desire to seek help from a psychologist, but both of them have not sought help from any professional, especially a psychologist.

The reasons for the two subjects were different, if Subject 1 knew of a psychologist via the internet and was interested in seeking help from a psychologist. However, he is constrained by the lack of information he has about how to ask for help from a psychologist, and the costs required to ask for help from a psychologist because of the stigma of the high cost of asking for help from a psychologist. Slightly different from Subject 1, the reason Subject 2 knew of a psychologist was because of the advice given by his younger sibling. However, he did not dare to ask for help from a psychologist for fear of being blamed and criticized for the dilemma that befell him.

5. Hope

Both subjects had the same hope that they could change their sexual orientation to normal again to become a man who is paired with a woman. But both of them don't want to change just temporarily, but are still guided so they don't return to being gay again. This is very reasonable, considering that the results of interviews with both the Subject and Significant Other revealed that in their environment many gay people have tried to change but in the end they returned to being gay.

Gay in the view of Society

Deviant sexual behavior (Gay) is still a taboo subject and is difficult for society to accept. The common sexual orientation in society is heterosexual, while homosexuality is considered by society as a deviation of sexual orientation. The negative stigma from society causes social anxiety to gay people.

Religion

Islam is a religion brought by the Prophet Muhammad SAW to save humanity, both life in this world and life in the hereafter. Islam is a religion that does not justify gay behavior, because this violates human nature that Allah SWT created and also violates the sunnatullah that men are paired with women. It's not the other way around, men like men and women like women. In accordance with the prohibition of Allah SWT in the letter Al-A'RAF: 81 which states that gay people are people who cross boundaries.

Norm

In the view of norms, this is clearly inappropriate because the behavior of gay people is not in accordance with the values of decency or decency, both from an individual (religious) human standpoint and justification as part of a social being.

Culture

In traditional Indonesian culture, when a boy or girl reaches puberty, relationships and interactions between them are immediately restricted. Traditional norms and morals, especially in rural and remote areas, are against young people dating, because they are considered to lead to premarital sex. Traditional morals were also against gathering unmarried girls and boys, as this could lead to adultery scandals. Close friendships and bonds between men are encouraged. Homoerotic experiences or even incidents of homosexual intercourse are possible in an all-male environment; for example in dormitories, Islamic boarding schools, boarding rooms, to military barracks and prisons. There are reports and rumors of incidents of homosexual relations in these places, but this is due to the strong culture of shame in Indonesia.

Moral

Gay behavior is immoral behavior because Pancasila as the nation's philosophy of life is against LGBT (Lesbian, Gay, Bisexual and Transsexual)

So in general that gay is an act that is not in accordance with the rules that apply in society, religion, culture, norms and ethics. Under certain conditions, usually a gay person will be faced with two situations, the first situation is the desire to maintain his own identity as gay but must deal with the stigma of society, religious norms and laws in Indonesia. The second situation is choosing not to be gay but this goes against his need and sexual orientation. This can be said as a Moral Dilemma. The two also expressed their need for help that could resolve their dilemma. In this case, the hope that both subjects wanted was in the form of suggestions and opinions to help solve the problem so that they could return to being fully heterosexual men.

So in general that gay is an act that is not in accordance with the rules that apply in society, religion, culture, norms and ethics. Under certain conditions, usually a gay person will be faced with two situations, the first situation is the desire to maintain his own identity as gay but must deal with the stigma of society, religious norms and laws in Indonesia. The second situation is choosing not to be gay but this goes against his need and sexual orientation. This can be said as a Moral Dilemma, which (Campbell 1984), says that a moral dilemma is a situation where a person is faced with two choices, neither of which is the right way out. In general, people who are faced with a dilemma will look for solutions and sometimes need other people to find the right solution. In terms of psychology it is called help seeking behavior. It is possible that this also happens to gays after experiencing inner conflicts and dilemmas in expressing their identity as gay.

What was described above also happened in the author's research, where GG as subject 1 and RGA as subject 2 experienced a condition of sexual disorder as a gay which caused a moral dilemma in his life. Based on the research results, both GG and RGA experienced a dilemma, namely feeling dizzy and confused. They are faced with two situations, the first situation is their desire to maintain their own identity as gay but must face the stigma of society, religious norms and laws in Indonesia. The second situation is choosing not to be gay but this goes against his need and sexual orientation. Both of these situations are not favorable situations for them so they experience a moral dilemma. Both subjects admitted that their choice to be gay was wrong. The subject also admitted that his actions were contrary to the rules of his religion. This can be seen based on the statement from the subject and confirmed by the significant other.

McLagan (2003), mentions that in a moral dilemma, making decisions must prioritize one moral value over another. Such a dilemma arises when, faced with a difficult situation. A person

facing a dilemma must decide which moral task should take priority, and which action to take will offend one of the important moral values.

Based on the statements of each subject and the Significant Other, the Subjects are faced with two situations, the first situation is the self-desire to maintain their own identity as gay but have to deal with societal stigma, religious norms and laws in Indonesia. The second situation is choosing not to be gay but this goes against his need and sexual orientation. Both of these situations are not favorable situations for them so they experience a moral dilemma.

The biggest dilemma experienced by the two subjects was that he became a gay where his sexual orientation did not like women's names, the subject also felt guilty and was aware of his condition and was not the same as the usual rules that apply in society. As a person who is Muslim, the subject realizes that it is a sinful act and will receive punishment from Allah SWT.

In the interview, the subject wanted to change to be normal, to be a man who generally likes women, the subject wanted to change and leave his current condition and return to normal, but the subject was confused about how. Here the subject is confused about how he changed himself to become normal. Due to the experience of his friends who had the same sexual orientation and tried to change but eventually returned to normal (back to being gay).

In addition, Oyvind Kvalnes (2014), says that Moral Dilemmas are more faced with challenging situations, so they have a moral intuition about what will be the right choice based on personal moral beliefs which are also influenced by community/culture. Based on this, the two subjects were both faced with a situation that challenged their morals, namely being gay and the choices they made were influenced by the morality of each or their environment.

As is the case in general, people who are faced with a dilemma will look for solutions and sometimes need other people to find the right solution. In terms of psychology it is called help seeking behavior. Mechanic (1962) Help seeking behavior is defined as the behavior of seeking active help from others. Forms of communication to obtain assistance in understanding, giving advice, seeking information, and providing general assistance in responding to problems.

Help seeking contains three categories, namely: First, emotional support in this case attention, acceptance, encouragement and understanding. Second, information support in the form of suggestions and opinions to help solve problems. Third, instrumental assistance which means an assistance with assignments or contributions of material resources.

Both Subject 1 and Subject 2 were also the same in the interviews conducted, they said they needed help that could solve their dilemma. According to Rickwood D (2005), most people tend to seek informal help and do not engage in the behavior of seeking formal help, namely professionals to deal with mental health problems. In line with what Subject 1 and Subject 2 did, they made an effort to seek help from informal assistance instead of seeking formal/professional assistance. Subject 1 seeks informal assistance from his gay friend/ex-boyfriend, while Subject 2 seeks assistance from his own sibling. In this case, the expectations desired by Subject 1 and Subject 2 are in the form of suggestions and opinions to help solve the problem so that they can return to being fully heterosexual men.

CONCLUSIONS AND RECOMMENDATIONS

Conclusions

Based on the results of data analysis from research that has been conducted on moral dilemmas and help-seeking behavior towards gays, it can be concluded as follows: Based on research results both Subject 1 and Subject 2 experience a moral dilemma regarding their current condition, in which they are faced with two situations. The first situation is one's desire to maintain one's own identity as gay but must conflict with societal stigma, religious and legal norms in Indonesia. The second situation is choosing not to be gay but this contradicts the desire/need to be gay and their sexual orientation. The two subjects also felt that they wanted to turn into normal men, but had not found the right solution/way. The results of the research show that they actually need help but so far have not found the way that feels most appropriate.

There were several attempts made by the subject in dealing with his dilemma, whether it was avoiding an environment that made him uncomfortable or telling his problems to those closest to him. Both subjects 1 and 2 in seeking help Help seeking behavior have not yet reached the professional level and have only been to friends and family. Because they are worried about their condition, the two subjects prefer to entrust their problems to the people closest to them who they trust. The results of the interviews showed that the subject was aware of the need for assistance in dealing with his problems, but the subject did not have the courage to ask for help from a psychologist and only had thoughts.

RECOMMENDATIONS

For Actors

- For gay practitioners who wish to change but are still unsure, to always instill positive thoughts that gays can change and can still be happy with these changes.
- For gay who have a desire to change but are in a dilemma, they must seek information and support that can help them to change, such as: competent professionals in the field of psychologists, ustadz, teachers, doctors, in order to get advice that supports them to become positive, useful and more personal Good.

For Community and Parents

- For society in general to be careful in socializing and making friends, choose friends who have good morals and behavior. Because one thing that needs to be known is one of the causes of someone changing their sexual orientation because of the environment, one of which is the influence of friends.
- For parents, parents have a very important role for the child's personality. So education from early childhood, and parental monitoring are felt to be very necessary so that their children remain in the right corridor.

For Professionals

- For professional actors, especially psychologists, to further promote the concept of mental health/mental health in accordance with the norms and culture of society and seek help from those who are competent in their field.
- Socializing the process and procedures for handling information about psychological assistance.

For Further Researchers

- For future researchers, the results of this study can be used as a comparison and reference material for research and as material for consideration to deepen further research.
- Future researchers are expected to further broaden the subject/deepen the variables/expand the context of age & environment, which are related to moral dilemmas and help seeking behavior in homosexuals so that the results of subsequent research can be even better.

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