

# Emotional Spiritual Quotient (ESQ) Approach and its Relevance to Problem Solving in Individual Counseling: An Examination of Ary Ginanjar Agustian's Thought

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## ABSTRACT

**Background:** The integration of emotional and spiritual aspects through the ESQ approach is vital in modern counseling, while parental consent for minors remains a crucial ethical and legal concern, questioning its role as a requirement or necessity for effective practice. **Objective:** This study aims to examine the urgency of the Emotional Spiritual Quotient (ESQ) approach and its relevance in individual counseling practice based on the thoughts of Ary Ginanjar Agustian. **Method:** This research uses a literature review design using primary and secondary data sources. Data were collected through documentation from books and scientific journals and then analyzed using the content analysis method. Data validity was tested through discussion with peers and triangulation. **Results:** The ESQ approach offers a new paradigm in counseling, where spiritual values are used as the core in helping individuals face life's challenges. It goes beyond traditional methods, focusing only on emotional and cognitive aspects. **Conclusion:** The ESQ approach highlights the importance of integrating Emotional Quotient (EQ) and Spiritual Quotient (SQ) to guide individuals in overcoming life's challenges. **Contribution:** ESQ makes a significant contribution by integrating the spiritual dimension into modern counseling practices, which previously often neglected the aspect of spirituality.

## KEY WORDS

Emotional Spiritual Quotient Approach; Problem Solving; Individual Counseling; Ginanjar Agustian's Thought

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## 1. INTRODUCTION

Problems that exist not only come from outside the individual but also from within the individual. These problems cannot be left alone but require problem alleviation (Corbett & Fikkert, 2014). Problem alleviation often involves the help of others because not all problems only concern the individual, as well as their resolution. Individuals often need expert help solving their problems (Elia & Margherita, 2018). In addition, humans have an independent will as a personal entity. Freedom of will can deter-

mine personal choices and organize the life of human feelings and desires with rational principles (Nath & Sahu, 2020). Individuals who cannot make personal decisions or choices do not know what to do in situations that contain personal problems, so they need the help of others to solve their problems. This problem-solving is done through individual counseling (Overholser, 2013). Individual counseling is assistance provided by a counselor to a counselee to develop the counselee's potential, overcome his own problems, and adjust positively (Dermawan et al., 2022). The individual counseling process is a relationship between

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the counselor and the counselee to achieve the counselee's goals. In other words, the goal of counseling is none other than the goal of the counselee himself (Al-Frehat et al., 2020).

In individual counseling, two important components must be met: the counselor, the counselee, and the problem. The first component is the counselor. The counselor is the one who leads the counselee in problem-solving. In solving problems or carrying out their duties, counselors have a code of ethics and principles that must continue to be implemented and maintained (Remley & Herlihy, 2014). Therefore, not all individuals can become counselors without an education background that has been taken before because individual counseling is not just a process of telling a problem but more than looking for a way to solve the problem (Kramer & Stiles, 2015).

The whole figure of counselor competence includes academic and professional competence. Academic competence is the scientific basis for implementing professional guidance and counseling services, which includes deeply understanding the counselee's services, mastering the foundations and theoretical framework frameworks of guidance and counseling, and providing guidance and counseling services that empower and develop personal and professional counselors on an ongoing basis.<sup>1</sup> The formation of counselor academic competence is a formal education process at the strata one (S-1) level. In carrying out the counselor profession, in addition to academic competence in the form of a thorough understanding of the theoretical framework of guidance and counseling, counselors are also expected to have qualified insights in various fields and high intelligence (Marjo, 2022).

The second component of counseling is the counselee. Counsees are all individuals who are given professional assistance by a counselor at their request or the request of others. Some counsees come of their own accord because they are aware of having problems; some counsees come because they are not aware that they have problems but come because they are sent by others, such as parents and teachers (Daud, 2019). However, in general, if the counselee is aware of himself and his problems and has placed hope in the counselor and the counseling process, problem alleviation will be easier to carry out and achieve the goal, namely that the counselee grows, develops, is productive, creative, and independent.

In the counseling relationship, an open and dynamic personal relationship between the counselee and the counselor becomes a relationship that creates healing for the counselee. The relationship in question is characterized by warmth, freedom, and an atmosphere that allows the counselee to present himself as they are (Coutinho et al., 2014). In the relationship between the counselor and the counselee, there is a long counseling interview that

contains a therapeutic dialogue to help the counselee alleviate his problems. In the counseling dialogue, the active one is the counselee in telling his problem. The counselee must know that he has problems that must be resolved in counseling activities (Lubis et al., 2021). This is the starting point for alleviating problems in the counselee. Suppose the counselee's heart and mind are open to discussing the problems being experienced. In that case, there is great hope that the strength within the counselee will be awakened to alleviate the problems being experienced.

In this case, the counselor must have the intelligence to build a therapeutic interview to alleviate the counselee's problems. However, the counselee must also be intelligent in realizing his problems and be open with the counselor about what he is experiencing. So, problem-solving in counseling goes well with the cooperation and intelligence of the counselor and the counselee.

The intelligence of counselors and counsees cannot be limited only to intellectuals. Still, it must also have various bits of intelligence to meet counselors' needs in the counseling profession and problem alleviation for counsees, namely in the form of emotional and spiritual intelligence (ESQ). According to Agustian, spiritual intelligence is the ability to give spiritual meaning to thoughts, behaviors, and activities and can comprehensively synergize IQ, EQ, and SQ (Agustian, 2009). A merger or synergy between the world's rationality (EQ and IQ) and spiritual interests (SQ) makes a person a king of his free soul, which results in happiness and peace in the soul. In contrast to SQ, Ary Ginanjar Agustian defines EQ as the ability to feel; the key to emotional intelligence is in the honesty of the inner voice; the inner voice is the center of principles that can provide security, guidance, strength, and wisdom.

From this point, this intelligence must bring deep meaning to our actions until it is important to be owned by every individual in guidance and counseling, both counsees and counselors, because it can make a clear contribution to the activities carried out in guidance and counseling, namely problem alleviation. However, in the author's academic search, no research results or works discuss the relevance of spiritual emotional intelligence (ESQ) to problem alleviation in individual counseling.

The research on the Emotional Spiritual Quotient (ESQ) approach in individual counseling holds significant promise, but several gaps in the literature need to be addressed. These include the integration of emotional and spiritual intelligence in therapeutic settings, the effectiveness of ESQ in problem-solving, cultural considerations, counselor training, measurement tools, and the impact on client outcomes. By addressing these gaps, future research can enhance the practical application of ESQ in counseling, helping practitioners deliver more holistic, effective, and culturally sensitive interventions for their clients.

Although individual counseling has evolved to include various holistic approaches, most frameworks primarily emphasize cognitive and emotional aspects, often overlooking the spiritual dimension. The Emotional Spiritual Quotient (ESQ) approach, developed by Ary Ginanjar Agustian, uniquely integrates spiritual values into personal development and problem-solving. However, there is a noticeable gap in academic research exploring the practical application of the ESQ concept within individual counseling settings, particularly in structured problem-solving processes. This study introduces a novel perspective by systematically examining Ary Ginanjar's thoughts and proposing the ESQ approach as a spiritually centered model for individual counseling. It highlights how spiritual intelligence can be positioned as a core element, not just a supplement, in guiding individuals through life's challenges.

This research aims to determine the urgency of the emotional, spiritual quotient (ESQ) approach and its relevance in individual counseling practices according to Ary Ginanjar Agustian's thoughts. Starting from this point, there is academic anxiety from the author because, according to the author, the importance of the existence of the research results as a guide for counselors and motivation for counselees in solving problems using emotional and spiritual intelligence (ESQ), which is rarely touched by individuals who are in trouble. Therefore, the author wants to find the relevance of the emotional and spiritual quotient (ESQ) to problem alleviation in individual counseling.

## 2. METHOD

### 2.1 Research Design

This type of research falls into the category of qualitative research with a type of research in the form of a literature study that focuses on analyzing the urgency of the Emotional Spiritual Quotient (ESQ) approach and its relevance in individual counseling practices based on the thoughts of Ary Ginanjar Agustian, with the method used by researchers being content analysis. Library research is a series of activities related to library data collection methods, reading, recording, and processing research materials. In library research, researchers are tasked with finding theories that have developed in the field of science and are concerned with conducting literature studies (Connaway & Radford, 2021). Researchers are also tasked with finding secondary data to support research and to know where the conclusions have been made to obtain the desired situation.

### 2.2 Data Sources

- (1) Primary data sources in this study are related to the main book, which is used as the main material in scientific research, including (1) *Secrets of Success in Building Emotional and Spiritual Intelligence ESQ*

*Emotional Spiritual Quotient: The ESQ Way 165 ESQ. SQ Utilizing Spiritual Intelligence in Integralistic and Holistic Thinking to Make Meaning of Life, Developmental Psychology.*

- (2) Secondary data sources in this study relate to the results of research on the Emotional Spiritual Quotient, which is used as a reinforcing material for primary data sources.

### 2.3 Data Collection Technique

The author uses the data collection technique formulated by Edwar Carr, namely first, reading sources related to this research and writing down the things stated in the writings. Second, I will eliminate the general sources that have been read, take important things, and then refocus on those relevant to this research.

### 2.4 Data Analysis Technique

The method used in data analysis is content analysis. This analysis is a method for collecting and analyzing the content of a text. Content analysis displays three conditions: objectivity, systematic approach, and generalization. The analysis must be based on explicitly formulated rules. To meet systematic requirements, the categorization of content must use certain criteria. The results of the analysis must present generalization, meaning that the findings must have a theoretical contribution,; only descriptive findings have low value.

### 2.5 Data Validity Technique

Data validity is carried out to determine the validity of the data that researchers have collected through the data collection process. Data validity techniques carried out by researchers with the following steps:

- (1) Peer discussion is carried out to analyze the validity of the data obtained with competent parties in their fields, in this case, academics.
- (2) Triangulation, Researchers' triangulation is related to the emotional, spiritual quotient owned by counselors and counselees in problem alleviation. Sources from journals and previous research become references for the latest information in academic subjects.

## 3. RESULT AND DISCUSSION

### 3.1 Result

Emotional and spiritual intelligence is an intelligence that combines emotional intelligence, which Ary Ginanjar conceptualizes as the relationship between fellow humans; more than that, emotional intelligence is simplified, namely the ability to feel. The key to emotional intelligence is the honesty of one's conscience. This inner voice should be the center of principles that can provide security, guidance, strength, and wisdom. Spiritual intelligence is the

relationship between man and God. In ESQ, spiritual intelligence is the ability to give spiritual meaning to thoughts, behaviors, and activities and to comprehensively synergize IQ, EQ, and SQ.

Emotional and spiritual intelligence (ESQ), according to Ary Ginanjar, is a combination of emotional and spiritual intelligence, both of which are different but have equally important content to be synergized-the synergy between the two forms the emotional, spiritual quotient (ESQ).

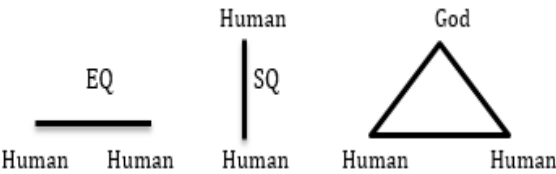


Figure 1 Emotional Spiritual Quotient Concept

From the picture above, Ary Ginanjar conceptualizes emotional and spiritual intelligence as a relationship established by humans with other humans and a relationship established by humans with God. Functioning between the two can provide energy to the perpetrator and, simultaneously, change the character towards a healthier and more productive individual.

Ary Ginanjar also stated that ESQ is an integrated and systematic system that synergizes the three foundations of intelligence in one system at once, namely intellectual intelligence (IQ), emotional intelligence (EQ), and spiritual intelligence (SQ). According to ESQ's perspective, these three components are a complete method to build three dimensions of human intelligence simultaneously.<sup>120</sup> In ESQ Power, Ary Ginanjar even formulated an intelligence map chart that illustrates the working relationship between EQ, IQ, and SQ.

While individual counseling has progressed to incorporate various holistic approaches, most existing frameworks still primarily emphasize cognitive and emotional dimensions, often neglecting the spiritual aspect. The Emotional Spiritual Quotient (ESQ) approach, introduced by Ary Ginanjar Agustian, offers a distinct perspective by integrating spiritual values into personal development and problem-solving. Despite its potential, there remains a significant gap in scholarly literature regarding the practical implementation of the ESQ approach within individual counseling contexts, particularly those involving structured problem-solving methods. This study addresses that gap by systematically analyzing Ary Ginanjar's conceptual contributions and positioning the ESQ approach as a spiritually grounded model for individual counseling. It underscores the importance of spiritual intelligence as a central, not merely supplementary, component in helping in-

dividuals navigate and overcome life's personal and psychological challenges.

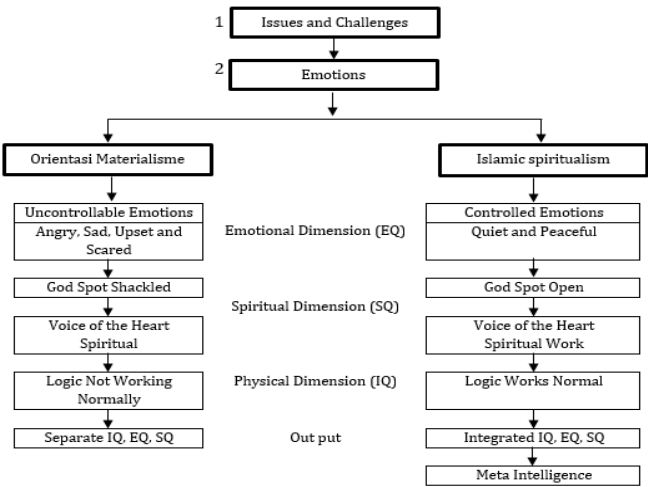


Figure 2. Working Relationship between IQ, EQ, SQ

In ESQ, the main principles are the pillars of faith, Islam and Ihsan, in the harmony and unity of tawhid. This principle is used to build individual emotional and spiritual intelligence. It is said that when a person has instilled the pillars of faith well, his mental state will be ready for a labor process of the birth of full emotional intelligence (EQ). The values of the pillars of faith are reliable and qualified emotional controllers, exemplified in the concept of tawhid, which provides peace of mind. Furthermore, the pillars of Islam function as guides that work on the physical dimension, which is a dimension that can ensure that physical steps (IQ) remain in the orbit of the spiritual line.

How to Develop Emotional and Spiritual Intelligence (ESQ) According to Ary Ginanjar Agustian is as follows:

First, zero mind process. Freedom of the heart is characterized by the ability to control the heart and mind, even in urgent circumstances or in a shackled situation, but still able to think freely. This is called true freedom, which is principle-centered freedom. Freedom of the heart also explains that we have the freedom to choose a reaction to everything that happens to the individual. The individual.

The second is mental building. This emphasizes mental development through broad application and implementation of the pillars of faith so that the pillars of faith become the foundation in building mentally towards the maturity of emotional and spiritual intelligence.

Third, personal strength. Personal resilience is when a person has a firm and clear grip/principle of life and has strong life principles so that his rapidly changing environment does not easily influence him. His life principles are eternal under any circumstances. A person with strong principles can take action wisely by harmonizing his life principles with his environment, having principles from



within, and controlling his thoughts under any circumstances.

Fourth, social strength. In social resilience, what is emphasized is social care. In its role, social care is an effort to release the potential of God Spot or self-cleanliness towards real conditions in the form of concrete applications of conscience. This principle is to release giving to the social environment to form a series of strong synergies.

### 3.2. Discussion

The research findings reveal the relevance of ESQ to problem alleviation in individual counseling when associated with the concept of counseling; individual counseling is intended as a special service in a direct face-to-face relationship between the counselor and the counselee. In that relationship, the counselee's problem is examined, and the counselee's strength is attempted to alleviate it as much as possible. In that regard, counseling is considered the most important service effort in carrying out the function of alleviating the problems of the counselee. Mastering the counselor's technique requires intelligence because, in mastering individual counseling techniques, the counselor is required not only to have an understanding of the technique but also to apply the technique appropriately. Emotional and spiritual intelligence can help counselors master individual counseling techniques because techniques are not only related to counseling interviews but also require empathy and acceptance of counselees, both of which, according to the author, can be maximally owned and applied if the counselor has emotional and spiritual intelligence.

#### 3.2.1 Emotional and Spiritual Intelligence Helps Counselors in Implementing Attending Behavior

Attending behavior is also known as approaching the counselee, including eye contact, body language, and spoken language components. Good attending behavior combines the three components, making engaging in open conversation easier for the counselee. Good attendance can increase the self-esteem of the counselee, create a safe atmosphere, and facilitate the free expression of the counselee (Mishra & Chaudhary, 2018). The significance of Emotional and Spiritual Intelligence (ESQ) in enabling counselors to practice attending behavior highlights the essential role of counselors' skills in managing emotions and incorporating spiritual values into the counseling process. ESQ helps counselors maintain effective client relationships and enhances the sense of purpose in their practice, making it a crucial component for delivering high-quality attending behavior.

#### 3.2.2 Emotional and Spiritual Intelligence Helps Counselors in Empathizing

In carrying out empathy, the counselor must empty egoistic feelings and thoughts, enter the inner world of

the counselee, carry out primary empathy, and perform a high level of empathy. This is done to enable the counselor to enter the world of the counselee. The goal is for the counselee to be involved in the conversation and open up. The counselor's involvement makes the counselee touched and opens to reveal the deepest contents of his heart in the form of feelings, thoughts, and experiences, including his suffering. (Andrianie et al., 2017). Emotional and Spiritual Intelligence is essential for counselors to develop deep, genuine, and effective empathy. This intelligence not only helps counselors understand and respond to clients' emotional needs but also enables them to create counseling relationships that are meaningful and of transformational value.

#### 3.2.3 Emotional and Spiritual Intelligence Helps Counselors in Reflection

Reflection is an important counseling technique in the counseling relationship. It is an effort to capture the counselee's feelings, thoughts, and experiences and then reflect on the counselee. In the implementation of reflection, it is also closely related to empathy. In capturing and reflecting the feelings, thoughts, and experiences of the counselee, the counselor needs empathy first to understand these feelings, thoughts, and experiences (Thoma et al., 2015). The importance of emotional and spiritual intelligence in assisting counselors with reflection stems from the significant influence these intelligences have on the counselor's capacity to offer empathetic, ethical, and effective support. In a world that is constantly changing and facing complex mental health challenges, integrating emotional and spiritual intelligence is essential for counselors (Watts & Luoma, 2020). This integration enhances reflective practice and improves the overall quality of care given to clients.

#### 3.2.4 Emotional and Spiritual Intelligence Helps Counselors in Capturing the Main Message (paraphrasing)

In the implementation of individual counseling, the counselee is often convoluted and lengthy in conveying his feelings, thoughts, and experiences. Therefore, to make it easier for the counselee to understand his ideas, feelings, and experiences, a counselor needs to capture the main message, state it in a simple and easy-to-understand manner, and convey it in the counselor's language (Culley & Bond, 2011). The importance of emotional and spiritual intelligence in helping counselors grasp the essence of the message lies in its ability to deepen the counselor's understanding, sensitivity, and capacity to fully interpret the meaning expressed by the counselee. Emotional and spiritual intelligence are crucial for counselors as they play a direct role in comprehensively and empathetically understanding and communicating the client's core message (Kovacs et al., 2021).

### 3.2.5 Emotional and Spiritual Intelligence Helps Counselors in Interpretation Techniques

In the interpretation technique, the counselor can utilize emotional and spiritual intelligence so that the interpretation can be objectively based on existing theories. As it is known, the counselor cannot include the subjective traits of the counselor in the implementation of this technique (Naparan, 2020). The importance of emotional and spiritual intelligence in assisting counselors with interpretation techniques lies in its ability to improve sensitivity, deepen understanding, and ensure accurate interpretation of the counselee's message. The urgency of emotional and spiritual intelligence in these techniques is rooted in their capacity to refine the sensitivity, accuracy, and relevance of interpretations, ultimately contributing to a more effective and transformative counseling process (Garg, 2024).

### 3.2.6 Emotional and Spiritual Intelligence Helps Counselors in Summarizing Techniques

In a counseling discussion with a counselee, it is often found that the counselee explains the problem not directly to the point but is peppered with other problem items that are not the core of the real problem. This makes it difficult for the counselee to draw meaning from the conversation. Therefore, the counselor must be able to make temporary conclusions with the counselee so that the problems discussed narrow down to the core of the problem (Dermawan et al., 2022). The significance of Emotional and Spiritual Intelligence in assisting counselors with summarizing techniques lies in the need for sensitivity and a deep understanding of the client's core message (Utomo, 2022). The importance of EI and SI in summarizing techniques lies in their ability to create accurate and meaningful summaries that reflect the client's emotions and values. This is essential for fostering strong rapport, ensuring clarity, and improving the effectiveness of counseling.

### 3.2.7 Emotional and Spiritual Intelligence Helps Counselors in Leading Techniques

Counselors must have leading skills in the implementation of counseling so that the conversation in counseling does not deviate from what is discussed. A counselor must be able to lead the direction of the conversation so that it will achieve its goals. The purpose of leading skills for counselors is so that the counselee does not deviate from the focus of the counseling conversation and so that the direction of the conversation is straight toward the counseling objectives (Dermawan et al., 2022). The importance of Emotional and Spiritual Intelligence (EI and SI) in assisting counselors with leading techniques lies in their ability to provide effective, empathetic, and meaningful guidance during the counseling process. EI and SI play a crucial role

in improving the impact of the direction given by the counselor. Through emotional and spiritual awareness, counselors can lead the process with greater empathy, relevance, and transformative power, ultimately supporting clients in achieving meaningful change (Williams et al., 2023).

### 3.2.8 Emotional and Spiritual Intelligence Helps Counselors in Confrontation Techniques

Through confrontation techniques, the counselor must have critical power towards discrepancies or inconsistencies in the counselee and carry it out carefully, namely by promptly making special comments on inconsistent counsees, not judging, let alone blaming, and done by the counselor with empathy. In implementing confrontation techniques, counselors can utilize emotional and spiritual intelligence through the learning principle of critical thinking (Fitria & Meiyuntariningsih, 2020). The importance of Emotional and Spiritual Intelligence (EI and SI) in assisting counselors with confrontation techniques lies in the need to handle situations with emotional sensitivity, empathy, and guidance rooted in meaningful values (Pishghadam et al., 2023). EI and SI are essential in ensuring that confrontations are carried out with empathy, sensitivity, and a strong values-based approach. This enables the counselor to help the client face difficult truths constructively, fostering an environment for reflection, growth, and transformation.

### 3.2.9 Emotional and Spiritual Intelligence Helps Counselors in Facilitating Techniques

Facilitating is a skill the counselor possesses in opening communication so that the counselee can easily talk to the counselor and freely express his feelings, thoughts, and experiences. A counselor must facilitate or provide great opportunities for the counselee so that he can express his feelings, thoughts, and experiences freely. This is highly emphasized because the counselor is often too controlling, dictating, and being all-smart to give a lot of advice. (Chen & Giblin, 2017). The importance of emotional and spiritual intelligence (EI and SI) in helping counselors with facilitation techniques lies in their ability to foster a counseling environment that encourages counselee exploration, understanding, and growth (Ismail, 2018). EI and SI are crucial in creating an atmosphere that supports emotional and spiritual exploration. With emotional awareness and spiritual depth, counselors can facilitate an effective, meaningful, and empowering process that helps clients achieve positive change.

### 3.2.10 Emotional and Spiritual Intelligence Helps Counselors in Advising and Information Giving Techniques

In the counseling process, the counselor is expected to empower the counselee by preventing giving advice if it is not needed. To overcome this, the counselor can explain that to solve the problems being faced; the counselee must first go through a process as explained by counselors (Bebasari et al., 2022). The importance of emotional and spiritual intelligence (EI and SI) in assisting counselors with advising and information-giving techniques lies in their ability to make the process empathetic, relevant, and meaningful for the counselee. EI and SI enhance advising and information-giving by making them more empathetic, relevant, and empowering. By integrating emotional sensitivity and spiritual insight, counselors can offer advice that is both practical and meaningful, inspiring clients to grow and take positive steps forward (Willemse et al., 2020).

### 3.2.11 *Emotional and Spiritual Intelligence Helps Counselors in Implementing Counseling Contracts*

In the counseling contract, the counselor assists the counselee in making the next plan that the counselee will implement after completing counseling. This contract is important for the counselee because, as Ary Ginanjar revealed, setting a plan or mission can encourage individuals to carry it out, provide motivation, and encourage a movement. The counseling contract is carried out at the end of the counseling session to develop the counselee. The purpose of the counseling contract is to make behavioral changes or progress in the counselee and as a guideline for the progress of the next counseling session. (Sukarti et al., 2018). The importance of Emotional and Spiritual Intelligence (EI and SI) in assisting counselors with implementing counseling contracts lies in their ability to create commitments that are meaningful, ethical, and aligned with the counselee's needs and values (Potash et al., 2017). EI and SI are crucial in ensuring that the contract addresses the client's emotional needs and spiritual values, fostering stronger commitments, trust, and a clear direction in the counseling process. With this sensitivity, the counseling contract becomes more than just a formal agreement-it serves as a foundation for the client's transformation and growth.

### 3.2.12 *Emotional and Spiritual Intelligence Helps Counselors in Concluding, Evaluating and Closing Counseling Sessions*

In implementing concluding and evaluating techniques, the counselor can understand the success and shortcomings of the counseling process that he carries out through the conclusions and evaluations made by the counselee. The results of conclusions and evaluations can be used as input for the next counseling session. As Ary Ginanjar revealed, the habit of evaluating and perfecting is a good habit that can lead to improvement when ap-

plied in life (Christodoulidou, 2018). The significance of Emotional and Spiritual Intelligence (EI and SI) in helping counselors conclude, evaluate, and close counseling session's lies in the need to end sessions in an empathetic and meaningful way that promotes the counselee's growth. EI and SI are crucial in shaping an end-of-session experience that is reflective, supportive, and conducive to the client's progress. With emotional awareness and spiritual depth, counselors can ensure that client's feel heard, valued, and empowered to move forward with renewed clarity and motivation (Dos Santos & Brown, 2021).

The Emotional Spiritual Quotient (ESQ) approach in individual counseling provides invaluable problem-solving insights. Combining emotional and spiritual intelligence enables clients to deal with problems holistically and more effectively. However, implementing this approach still faces challenges related to counselor training, differences in clients' cultural and spiritual backgrounds, and developing more effective measurement tools.

## 4. IMPLICATIONS AND CONTRIBUTIONS

### 4.1 Implication

Based on the results and discussion of the research, the following are the implications and contributions of the research to the contribution to knowledge in the field of guidance and counseling:

- (1) For Counselors. The results of this study are expected to be a source of reference for counselors in exploring problem-alleviation efforts in individual counseling. It is also a reference for counselors to increase their effectiveness.
- (2) For the counselee. It is hoped that it can become reading material and reference when wanting to do individual counseling so that problem-solving is easier to carry out by utilizing emotional and spiritual intelligence.
- (3) For the Community. This research is expected to contribute to explaining emotional and spiritual intelligence in alleviating problems found in everyday life. In addition, this research is also expected to be a guide for the community if they are going to take part in counseling because solving problems using emotional intelligence and spiritual intelligence will give more meaning to each problem faced.

### 4.2 Contribution

This research offers a framework for integrating emotions, spiritual values, and logic in problem-solving, providing a richer alternative to traditional approaches. ESQ guides counselors in developing skills to help clients cultivate self-awareness and emotion regulation and utilize spiritual values for problem-solving.



## 5. LIMITATIONS AND FUTURE RESEARCH DIRECTIONS

Based on the above conclusions in this study, the research can provide suggestions to several parties:

### 5.1 Limitations

Counselors need to develop their emotional and spiritual intelligence further so that its relevance is more visible in counseling, especially individual counseling. The way is by applying the essence of the book *Secrets of Success in Building Emotional and Spiritual Intelligence The Way 1 Ihsan 6 Pillars of Faith and 5 Pillars of Islam* and other books related to ESQ or attending trainings and training in emotional and spiritual intelligence (ESQ).

### 5.2 Recommendations for Future Research Directions

Further, researchers should examine emotional and spiritual intelligence (ESQ) from other aspects not touched on in this study and individual counseling so that it can be a reference for other research or counselor reading material. Further research is needed to explore how ESQ can be implemented in counseling practice, develop better measurement instruments, and evaluate its impact on clients' well-being and life satisfaction. This approach can enrich counseling practice by providing clients with more powerful tools to solve problems in a more conscious, meaningful, emotionally, and spiritually connected way.

## 6. CONCLUSION

This conclusion confirms that the ESQ approach is relevant in individual counseling, especially in helping clients solve problems holistically, empower themselves, and find spiritual meaning in life. The Emotional Spiritual Quotient (ESQ) approach introduced by Ary Ginanjar Agustian integrates emotional and spiritual aspects to help individuals understand and overcome problems. This approach emphasizes the importance of harmony between emotional intelligence (EQ) and spiritual intelligence (SQ) in problem-solving.

Emotional and spiritual intelligence (ESQ), according to Ary Ginanjar, is a combination of emotional and spiritual intelligence, both of which are different but have equally important content to be synergized-the synergy between the two forms the emotional, spiritual quotient (ESQ). Ary Ginanjar conceptualizes emotional and spiritual intelligence as a relationship that humans have with other humans and a relationship that humans have with God. Functioning between the two can provide energy to the perpetrator and simultaneously change the character towards a healthier and more productive individual.

The relevance of emotional and spiritual intelligence to problem alleviation in individual counseling is seen from the stages of implementing counseling and techniques implemented by the counselor by looking at the coun-

selor's skills in carrying out the stages and techniques of individual counseling. The relevance of emotional and spiritual intelligence to problem alleviation is seen from the counselor's skills in carrying out the stages and techniques of individual counseling carried out by the counselor, emotional and spiritual intelligence helps the counselor in carrying out the stages of individual counseling, namely the delivery stage, the exploratory stage, the interpretation stage, the coaching stage, and the termination stage.

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## CRedit Authorship Contribution Statement

All authors discussed the results and contributed to the final manuscript. LH: Conceptualization, Writing - Original Draft and Methodology, JH: Data Analysis and Interpretation, TP: Writing - Review & Editing

## Conflict of Interest Statement

The authors declared that they have no competing interests with respect to the research, authorship, and/or publication that might have influenced the performance or presentation of the work described in this article.

## Ethical Approval Statement

The author declares that this study is a literature review and does not involve human participants, personal data, or any other subjects. Therefore, this study does not require ethical approval from a research ethics committee. The entire research process was conducted in accordance with academic ethical standards, upholding scientific honesty, integrity, and the ethical use of legitimate sources.

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