

Guidance and Counseling in Islamic Perspective

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Abstract: This research discusses the development of a Guidance and Counseling model based on an Islamic perspective that is relevant to the needs of Indonesian society. The main problem is the dominance of Western psychological approaches in counseling services in Indonesia, which often ignore the spiritual dimension, even though the majority of Indonesian society is religious. This research aims to integrate Islamic values into Guidance and Counseling practices in order to improve individual psychological and spiritual well-being. The research method involves literature analysis and case studies at the IKIP Siliwangi Cimahi campus. This approach emphasizes the integration of Al-Qur'an and Hadith values in the counseling process, such as the use of prayer, dhikr, and advice based on Islamic teachings. The research results show that the Islamic Guidance and Counseling model is able to provide holistic solutions, including psychological and spiritual aspects, and is more relevant to Indonesian culture. This model increases the effectiveness of Guidance and Counseling services in helping individuals overcome problems, develop personal potential, and achieve prosperity in the world and the hereafter.

Keywords: Guidance and Counseling; Islamic Perspective

INTRODUCTION

In the current era of globalization and modernization, individuals face various complex challenges that have a significant impact on their mental and spiritual health. The increase in cases of depression, anxiety and behavioral problems shows the urgent need for comprehensive Guidance and Counseling services. Effective counseling services must be able to address psychological and spiritual problems, providing holistic support for individuals in facing the pressures of modern life. This requires the development of a Guidance and Counseling approach that does not only focus on psychological aspects, but also integrates spiritual dimensions to achieve complete well-being. Thus, complete and integrated Guidance and Counseling services are very important to help individuals navigate the complexities of modern life and achieve optimal mental and spiritual well-being. (Praekata Indra et al, 2024)

The Guidance and Counseling method that is currently dominantly applied in Indonesia tends to adopt a Western psychological approach, which often ignores aspects of spirituality. This is a problem, considering that Indonesian society, which is predominantly religious, really values the spiritual dimension in achieving a prosperous life. Therefore, innovation is needed in the Guidance and Counseling approach which is able to integrate religious values, especially Islam, into practice. (Iftika et al., 2024) This more holistic and contextual Guidance and Counseling approach will be more relevant to the needs of Indonesian society. It is hoped that the integration of Islamic values can provide a stronger foundation in helping individuals overcome problems and achieve true prosperity. Thus, developing an Islamic Guidance and Counseling model that is appropriate to Indonesian culture is very important to increase the effectiveness of Guidance and Counseling services.

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In the Western world, scientific disciplines that are integrated with religion are often considered less authentic and stigmatized as "parasites" that destroy the purity of science. In fact, according to Musa Kazhim, this view is wrong because of Western scholars failed to understand the spirit of Muslim intellectuals in strengthening Islam through interdisciplinary studies. This error is exacerbated by the lack of mastery of Islamic literature and the development of science in the Muslim world. This impression is rooted in secular epistemology which rejects the role of God, so that religion-based knowledge is considered unscientific. Meanwhile, traditional Islamic thought tends to separate religious knowledge and modern science, creating dichotomy and conflict. (Muhammad Husni, 2021) The solution offered is the integration of knowledge, where both can coexist. Even though they are generally differentiated, the two epistemologies do not need to be separated, because the source of knowledge is one, namely God. It is hoped that this integration can bridge gaps and enrich holistic understanding of science.

Guidance and Counseling in an Islamic perspective offers a comprehensive approach, combining psychological and spiritual aspects. This approach is based on the teachings of the Koran and Hadith, which emphasize the importance of balance between worldly life and the afterlife. Islamic Guidance and Counseling aims to help individuals develop their potential, overcome problems, and achieve true happiness. In practice, Islamic Guidance and Counseling integrates religious values in the counseling process, helping individuals find the meaning of life and achieve true well-being. This approach is relevant for Indonesian society, which is predominantly religious, which values the spiritual dimension in life.. (Pohan et al., 2024).

Although Guidance and Counseling with an Islamic perspective offers a promising approach, its implementation in Indonesia still faces several obstacles. One of the main challenges is the lack of understanding and skills of counselors in integrating Islamic values into Guidance and Counseling practice. Apart from that, research and development of Islamic guidance and counseling models that suit the Indonesian cultural context are still very limited. (Mus seeni, 2013)

This research aims to explore and develop a Guidance and Counseling model based on an Islamic perspective, which is in accordance with the needs of Indonesian society on the IKIP Siliwangi Cimahi campus. Considering the importance of integrating religious values in the lives of Indonesian society, especially Islam, developing a relevant Guidance and Counseling model is very crucial. It is hoped that this research can make a significant contribution in increasing the effectiveness of Guidance and Counseling services, so that it can have a positive impact on the welfare of individuals and society at large. Thus, it is hoped that the development of Guidance and Counseling from an Islamic perspective can be a solution in responding to the challenges faced in Guidance and Counseling practice in Indonesia.

Previous research that has been analyzed by the author and has relevance to the topic of guidance and counseling from an Islamic perspective includes:

Yuni Novitasari and Muhammad Nur (2017), *Guidance and Study Counseling (Academic) in an Islamic Perspective*. This research explains learning guidance and counseling (academic) from an Islamic perspective. (Yuni, 2017). Darwin Harahap. (2019) *Basic Concepts of Career Counseling Guidance and Islamic Perspectives*. This research explains. This research explains the process of self-preparation in terms of work or career, and being able to decide independently what is in accordance with the competence of guidance and counseling teachers from an Islamic perspective. (Harahap et al., 2019) . Muhammad Putra Dinata Saragi et al. (2022). *Application of Group Counseling in an Islamic Perspective to Increase Adolescents' Self-Confidence*. The results of this research have shown that the application of group counseling based on an Islamic perspective can increase self-confidence in adolescents at the Puteri Aisiyiyah Orphanage in Medan. The implementation of group counseling has been carried out through the form of Islamic values, so that teenagers can show their courage by showing their abilities in reading the Koran and giving speeches. (Saragi et al., 2022)

This research is different because it focuses on the holistic integration of Islamic values, the relevance of Indonesian culture, the use of Islamic-based techniques, and the emphasis on the practical challenges of implementing Islamic Guidance and Counseling. This approach provides a new contribution in the development of Islamic Guidance and Counseling that is more relevant and effective in the Indonesian context, especially the implementation of Guidance and Counseling at IKIP Siliwangi Cimahi.

RESULTS AND DISCUSSION

1. Basic Concepts of Islamic Guidance and Counseling

According to Muhammad Surya, guidance is a continuous and structured assistance effort provided by a mentor to the individual being guided. The goal is for the individual to achieve independence in understanding

themselves, realizing their potential optimally, and being able to adapt to their environment. (Mohammad Surya, 2003). Guidance is a process of providing assistance carried out by an expert individual to one or more people, whether children, teenagers or adults. The aim is to help the individuals being mentored develop their potential and achieve independence. This process involves utilizing individual strengths and available resources, as well as self-development based on applicable norms. (Prayitno, 2004)

In Arabic literature, the term "counseling" is represented by the word *Al-Irsyad* or *Al-Istisyarah*, while "guidance" is known as *Attaujih*. Hence, the phrase *Guidance and Counselling* translated into Arabic *At-taujih wa al-irsyad* or *at-taujih and al-story*. Etymologically, *Ershad* has meaning *Alhuda* or *ad*, which in Indonesian means "hint". Meanwhile, *Al istisyarah* means *talaba min al-mansyurah/an advice*, which in Indonesian means "asking for advice/consultation" (M. Fuad Anwar, 2019)

Guidance and counseling is an important part of the school education system, which aims to help individuals become independent and develop optimally in various aspects of life, including personal, social, academic, and career. This is done through various services and activities that comply with applicable norms. In line with that, guidance and counseling are forms of assistance that aim to empower individuals to grow in the direction they choose, solve problems, and face life's challenges. (Sabarrudin et al., 2022). Thus, it can be concluded that guidance and counseling are services that help individuals develop their potential and fulfill their developmental tasks. (Hadi et al., 2020)

This research was conducted at the Siliwangi Cimahi teacher training and education institute. Islamic Guidance and Counseling is an assistance process based on Islamic teachings, aimed at developing individual potential holistically, including spiritual, psychological and social aspects. Its principles include tawhid (oneness of God), justice, and compassion, which originate from the Koran and Hadith.

2. Theological basis in the Qur'an and Hadith

Islamic Guidance and Counseling is based on the teachings of the Koran and Hadith, which provide guidelines on how humans should live their lives and overcome problems. (Anwar, 2019). Islamic Guidance and Counseling has a strong theological foundation, namely the teachings of the Koran and Hadith. These two main sources provide complete guidance on how humans should live their lives, including facing and overcoming various problems. Al

The Qur'an and Hadith not only provide guidance on spiritual aspects, but also cover psychological and social aspects. In the context of Islamic Guidance and Counseling, these teachings are integrated to help individuals achieve holistic well-being, both in this world and in the afterlife. Thus, Islamiv Guidance and Counseling does not only focus on solving problems, but also on developing one's potential in accordance with Islamic values.

3. History of Islamic guidance and counseling

The history of guidance and counseling began as a response to social problems in the West, especially mental disorders and educational and employment difficulties. At the beginning of the 20th century, figures such as Jesse B. Davis pioneered systematic guidance and counseling programs in schools (Lubis, 2024)(Latipun, 2006) while Frank Parsons founded the Vocational Bureau for career guidance. Simultaneously, a community psychiatric clinic was established, marking the integration of mental health within Guidance and Counseling. The 1910-1970 era saw the institutionalization of Guidance and Counseling, with the formation of the National Vocational Guidance Association (NVGA) and the use of Guidance and Counseling for war veterans. Organized guidance and counseling programs developed in high schools, with an emphasis on academic and personal assistance. Carl Rogers introduced non-directive counseling, and organizations such as the American Personnel and Guidance Association (APGA) were founded. The National Defense Education Act (NDEA) strengthens the Guidance and Counseling program in schools, and Guidance and Counseling is starting to develop outside the school environment. (Anas Rohman, 2016)

In the 1980s, standardization of counselor training and certification emerged with the creation of the Council for Accreditation of Counseling and Related Educational Programs (CACREP). In the late 1990s, psychiatry became an established specialty in the treatment of psychological disorders. Social problems such as drug abuse and violence against children encourage the growth of counseling, emphasizing prevention. (Bimo Walgito, 2010)

In the Islamic context, Islam integrates religious values, as exemplified by the Prophet Muhammad SAW. Islamic counseling in Indonesia began to develop through national seminars in 1985, emphasizing an approach based on Islamic teachings to achieve happiness in this world and the hereafter.

4. Guidance and Counseling in Indonesia

The development of Guidance and Counseling in Indonesia began in 1960, starting with the inclusion of Guidance and Counseling (BP) into the school curriculum. This is the result of the Faculty of Teacher Training and Education Conference (FKIP) in Malang in 1960.

In 1964, IKIP Bandung and IKIP Malang established the Guidance and Counseling department. Furthermore, in 1971, the Pilot School Development Project (PPSP) in eight IKIP developed BP, producing a "Basic Pattern for Planning and Development of Guidance and Counseling". The 1975 curriculum for high school also contains Guidance and Counseling Guidelines. (Anas Rohman, 2016)

In 1978, the PGSLP and PGS LA BP programs at IKIP (D2/D3 level) were held to fill BP teacher positions at schools. The appointment of BP Teachers begins in this program. BP's existence was officially recognized in 1989 through Menpan Decree No. 026/Menpan/1989. However, the implementation of BP in schools is unclear, and is often viewed negatively by parents. Until 1993, the implementation of BP in schools was still unclear. Then, Menpan Ministerial Decree No. 83/1993 and Minister of Education and Culture Decree No. 025/1995 which changed the term Guidance and Counseling to Guidance and Counseling, and was implemented by Guidance Teachers. Since then, the pattern of implementing Guidance and Counseling in schools has begun to become clear. (Anas Rohman, 2016)

5. Objectives of Islamic Counseling Guidance

Islamic guidance and counseling aims to help individuals recognize themselves and have the courage to make good and beneficial decisions, both for life in this world and the hereafter. (Hadi et al., 2020) In other words, the focus is on helping individuals understand themselves so they can develop their potential and provide benefits in this world and the hereafter. In line with this, religious guidance and counseling also aims to prevent and overcome problems faced by individuals. Overall, Islamic guidance and counseling services seek to help individuals understand themselves and their environment, so that they are able to face the challenges of life in this world and the afterlife.

The main aim of Islamic Counseling Guidance is to help individuals achieve happiness in this world and the hereafter by realizing their full potential. More specifically, this guidance aims to increase self-understanding, direct individual potential to optimal levels of development, empowering individuals to solve their own problems, develop realistic insight and objective self-acceptance, increase the ability to adapt to the environment, achieve self-actualization according to potential, and prevent symptoms of anxiety and maladaptive behavior. (Anas Rohman, 2016)

6. Principles of Islamic Guidance and Counseling

The principles of Islamic Guidance and Counseling emphasize that each individual is a dynamic creature with a unique personality that develops from internal and external factors, and his development can be guided towards a profitable lifestyle. Every individual has the right to receive equal assistance and opportunities to develop themselves, by recognizing the religious nature that can develop through good guidance. Religious counseling is seen as worship carried out to seek Allah's approval, and the process must be in accordance with Islamic law. Moreover, counseling is considered a pillar of religion, and psychiatric counseling is a noble profession. Muslim counselors have a moral responsibility to provide assistance, and providing religious counseling assistance is legally mandatory for specialists. (Hadi et al., 2020) Thus, Islamic guidance and counseling services aim to help individuals develop themselves in accordance with the guidance of Islamic law.

7. Comparison with Western Approaches

a. Criticism of Western psychological approaches

Western approaches to psychology often focus on rationality and empiricism, so that the spiritual dimension and religious values are often neglected. This is a problem in Indonesia, where religion and spirituality play an important role in people's lives. (Diponegoro, 2014) Indonesian society, which is predominantly religious, sees welfare not only from a psychological aspect, but also a spiritual one. Ignoring this dimension can cause Western approaches to be less effective in dealing with the problems faced by Indonesian society. Therefore, the integration of religious values in Guidance and Counseling practice is very important to provide more holistic and relevant services.

b. The advantages of Guidance and Counseling Islam's holistic approach

Islamic Guidance and Counseling offers a comprehensive approach, combining psychological and spiritual aspects. (Pohan et al., 2024) This approach is very relevant to the needs of Indonesian society, which is predominantly religious, because it not only focuses on solving psychological problems, but also pays attention to the spiritual dimension which is considered important in achieving prosperity.

In Islamic Counseling, religious values such as monotheism, justice and compassion are integrated into the counseling process. This helps individuals find meaning in life, increase mental resilience, and overcome problems with a strong spiritual foundation. In this way, Islam Guidance and Counseling provides a more holistic solution and is in line with the cultural and religious values held by Indonesian society.

8. Methods and Techniques in Islamic Guidance and Counseling

In Islamic Guidance and Counseling, counseling techniques do not only focus on conventional psychological approaches, but also integrate Islamic values sourced from the Koran and Hadith. Some frequently used techniques include: Prayer and Dhikr:

Prayer and dhikr are used as a means to calm the heart, ask Allah SWT for help, and increase spiritual awareness. This can help clients deal with anxiety, stress and other emotional problems. (Tobing, 2022)

Advice Based on the Qur'an and Hadith: Counselors provide advice based on the teachings of the Koran and Hadith to help counselees understand problems from an Islamic perspective and find appropriate solutions.

This advice does not only focus on the worldly aspect, but also includes the ukhrawi aspect.

9. The Role of Spiritual Therapy in the Counseling Process

Spiritual therapy plays an important role in Islamic Guidance and Counseling, especially in helping individuals find the meaning of life and overcome problems by getting closer to Allah SWT. Some aspects of spiritual therapy include: a. Search for the Meaning of Life:

Spiritual therapy helps individuals reflect on their life goals and find deeper meaning in their lives. This can help individuals overcome feelings of emptiness, loss of direction, and existential crises. b. Strengthening Relationship with Allah SWT:

Spiritual therapy encourages individuals to improve their relationship with Allah SWT through worship, prayer, and remembrance. A strong relationship with Allah SWT can provide a sense of security, peace, and strength in facing problems.

10. Counseling Techniques Based on Islamic Values

Counseling based on Islamic values integrates religious teachings into the counseling process, with the aim of helping individuals overcome problems and achieve psychological well-being. This approach is based on the belief that humans are spiritual beings connected to God, and psychological problems are often related to the spiritual dimension. The techniques used in this counseling include religious practices such as prayer and dhikr to draw closer to Allah SWT and calm the heart, reading the Koran as a source of advice and solutions, as well as repentance and istighfar to help individuals realize mistakes and improve themselves. (Tobing, 2022)

Islamic counseling also relies on advice sourced from the Koran and Hadith to provide guidance in accordance with religious teachings. Technique Deliberation is also emphasized, especially in cases such as online gaming addiction, to help individuals restore positive self-control in accordance with Islamic principles. Thus, Islamic counseling combines spiritual and psychological aspects to help individuals achieve holistic well-being, both mentally, emotionally and spiritually.

By combining spiritual and psychological techniques, Islamic counseling aims to help individuals achieve comprehensive well-being, both in this world and the afterlife.

11. Challenges and Opportunities for Islamic Guidance and Counseling

In implementing Islamic Guidance and Counseling, there are several significant challenges that need to be overcome. One of the main challenges is the counselor's lack of understanding regarding Islamic Counseling. Many counselors may have an educational background in Western psychology, but do not understand Islamic teachings and how to integrate them into counseling practice. This causes difficulties in implementing the Islamic Guidance and Counseling approach effectively (Arif Ainur Rofiq, 2019)

Another challenge is the limited research and development of the Islamic Guidance and Counseling model. In-depth and comprehensive research is needed to develop an Islamic Guidance and Counseling model that is

appropriate to the Indonesian cultural context. Without adequate research, it is difficult to produce guidelines and resources that can be used by counselors in implementing Islamic Guidance and Counseling.

Overcoming these challenges requires joint efforts from various parties, including educational institutions, professional organizations, and researchers. By increasing counselors' understanding and increasing research, Islamic Guidance and Counseling can develop and make a greater contribution to the welfare of Indonesian society.

12. Opportunities for Relevant Guidance and Counseling Model Development

The opportunities for developing Islamic Guidance and Counseling models in Indonesia are very broad, considering that the majority of the population is Muslim and the need for counseling approaches that are in accordance with religious values is increasing. (Mus seeni, 2013) This development can be carried out in various ways, including:

a. Model Research and Development:

In-depth research is needed to identify the specific needs of the Indonesian people regarding Islamic Guidance and Counseling services. This research can include studies of cultural values, religious beliefs, and psychological problems faced by society.

Based on the research results, a relevant and effective Islamic Guidance and Counseling model can be developed. This model must integrate Islamic principles with scientifically tested counseling techniques. b. Counselor Education and Training: Education and training for counselors needs to be improved to equip them with adequate knowledge and skills in implementing Islamic Guidance and Counseling.

The counselor education curriculum needs to include courses on Islamic psychology, Islamic counseling, and spiritual therapy techniques. c. Resource Development: The development of resources such as books, modules and training materials based on Islamic Guidance and Counseling is very much needed. These resources should be easily accessible to counselors and the general public.

d. Cooperation with Religious Boards:

Collaboration with religious institutions such as the Indonesian Ulema Council (MUI) and other Islamic organizations can strengthen the development and implementation of Islamic Guidance and Counseling. Religious institutions can provide moral, material and extensive network support (Arif Ainur Rofiq, 2019).

13. Application in Various Contexts

Implementation of Islamic Guidance and Counseling in schools and universities:

The implementation of Islamic Guidance and Counseling in schools and universities is very relevant in helping pupils and students overcome academic and personal problems. The Islamic approach offers a holistic solution by integrating religious values in the counseling process. Techniques such as prayer, dhikr, and advice based on the Qur'an and Hadith can provide inner calm and moral guidance. Islamic Guidance and Counseling also helps develop personal potential, increases learning motivation, and builds strong character. Thus, Guidance and Counseling Islam can help pupils and students overcome academic and personal problems with an Islamic approach. (Rohman, 2018)

The role of Islamic Guidance and Counseling in strengthening the family:

Islamic Guidance and Counseling has an important role in strengthening family bonds and helping resolve conflicts. With an approach based on Islamic values, Guidance and Counseling Islam provides holistic solutions that include spiritual, emotional and social aspects. Muslim counselors help families understand their problems in the context of religious teachings, provide advice based on the Koran and Hadith, and encourage healthy communication and mutual understanding. (Ahmad Mujani et al., 2022) Techniques such as deliberation, joint prayer, and reading the Koran can create a calm and harmonious atmosphere in the family. Islamic Guidance and Counseling also emphasizes the importance of values such as love, mutual respect and responsibility in building a strong and happy family. Islamic Guidance and Counseling can help families overcome conflicts and build harmonious relationships. (Muttaqin, 2022).

The role of Islamic Guidance and Counseling in society:

Islamic Guidance and Counseling has a crucial role in overcoming social problems and improving community welfare. By integrating Islamic values, Islamic Guidance and Counseling offers a holistic approach that includes spiritual, psychological and social aspects. Muslim counselors help individuals and groups understand their

problems in the context of religious teachings, provide advice based on the Koran and Hadith, and encourage values such as justice, compassion and social responsibility. (Rohman, 2018) Islam can contribute to overcoming problems such as poverty, violence and drug abuse by providing moral guidance, spiritual strengthening and social support. Islamic Guidance and Counseling also plays a role in building a harmonious and just society by promoting the values of tolerance, peace and cooperation. Islamic Guidance and Counseling can contribute to overcoming social problems and improving community welfare. (Hadi et al., 2020)

Implementation of Guidance and Counseling at IKIP Siliwangi Cimahi

Implementation of Islamic guidance and counseling at IKIP Siliwangi Cimahi for students in semester 1 (one) of the Guidance and Counseling major can be carried out by integrating Islamic values into guidance and counseling practices. Here are some examples of implementation:

a. Introduction of Islamic Values in Guidance and Counseling

At the beginning of the semester, students are introduced to the basic concepts of Islamic guidance and counseling, such as monotheism, piety, and akhlakul karimah. Students are invited to understand how Islamic values can be the basis for providing guidance and counseling.

b. Integration of Islamic Values in Guidance and Counseling Services

In individual counseling services, counselors can use approaches based on Islamic values, such as patience, gratitude and trust. In group guidance services, the material presented can be embedded with Islamic values, such as the importance of maintaining brotherhood and helping each other.

c. Islamic Character Development

Students are invited to develop Islamic character through activities such as Islamic studies, congregational prayers, and social activities. Students are also guided to have good morals, such as honesty, trustworthiness and responsibility.

d. Utilization of Islamic Sources

Students are invited to utilize Islamic sources, such as the Qur'an and hadith, as a guide in life. Students are also invited to study the stories of prophets and apostles as role models in dealing with various problems.

e. Application of Islamic Values in Professional Ethics:

Students are taught to apply Islamic values in professional ethics as a counselor, such as maintaining confidentiality, respecting clients, and providing the best service.

By implementing Islamic guidance and counseling, it is hoped that first semester students majoring in Guidance and Counseling at IKIP Siliwangi Cimahi can become professional counselors and have noble character.

CONCLUSIONS

This research develops an Islamic-based Guidance and Counseling model that is relevant to Indonesian society. This model integrates the values of the Qur'an and Hadith, such as prayer, dhikr and Islamic advice, in order to improve the psychological and spiritual well-being of individuals. This approach offers a holistic solution that includes psychological, spiritual and social aspects, and is more in line with Indonesian culture, which is predominantly religious. The research results show that the Islamic Guidance and Counseling at IKIP Siliwangi is very effective in helping individuals overcome problems, develop their potential, and achieve happiness in the world and the hereafter. However, its implementation still faces challenges such as the counselor's lack of understanding of the integration of Islamic values.

To increase the effectiveness of Islamic counseling, special training is needed for counselors to be able to integrate Islamic values into their practice. In addition, further research must be conducted to develop methods that are relevant to the Indonesian cultural context. The government and educational institutions also need to support the implementation of Islamic Guidance and Counseling through appropriate policies and curricula. Thus, Guidance and Counseling services, especially at IKIP Siliwangi, can have a wider positive impact in helping individuals achieve optimal psychological and spiritual well-being.

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