

## The Need for Islamic Counseling

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### ABSTRACT

This journal examines the application of Islamic counseling needs in addressing various life problems, such as education, career, and spiritual growth. By analyzing the concept of Islamic counseling in the context of a face-to-face relationship between counselor and client, this study highlights the important role of a counselor in guiding individuals through the complexities of life. This study explores the significance of Islamic counseling in: Learning Guidance: Helping individuals overcome academic difficulties, develop effective study habits, and make appropriate educational choices. Career Counseling: Providing support in exploring career options, improving job skills, and achieving professional goals. Spiritual Development: Cultivating a deeper understanding of Islamic teachings and enhancing spiritual well-being. Through a comprehensive analysis of Islamic teachings and counseling theories, this paper underlines the importance of a holistic approach to counseling that encompasses the spiritual, emotional, and intellectual dimensions of the human being. By integrating Islamic principles with contemporary counseling techniques, Islamic counseling offers a unique framework to help individuals achieve personal growth and fulfillment.

**Keywords:** Islamic counseling, learning guidance, career counseling.

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### 1. INTRODUCTION

It is the sunnah of Allah that every human being will definitely experience problems in their lives. All problems faced by humans demand a solution, because a problem is something that hinders, obstructs, and narrows a person's possibility of successfully achieving something. The solution is very complex, so that conceptual alternatives and operational technological offers must be oriented towards human

complexity. Psychological approaches in the form of psychotherapy, counseling guidance, and so on are alternative approaches that are of concern to experts in general.

In front of humans, various instructions have been laid out for solving and resolving the problems they face. However, because not all problems can be solved by individual humans independently, they need the help of a competent expert. In this case, the perfection of Islamic teachings holds valuable treasures that can be used to help solve the problems faced by humans in their lives. Operationally, these treasures are contained in the concept of Islamic Counseling which is reflected in the process of face to face relationship (face to face meeting) or personal contact (personal contact) between a competent counselor and a client or counselee who is facing and struggling to solve his life problems. In such circumstances, Islamic Counseling really plays a role in solving human life problems, and it appears as an effort of mental education. For that, this article will discuss how Guidance for Learning, Education and Work (Career), Strengthens Religious Life.

## **2. METHODS**

This article uses a qualitative library research method. The qualitative library research method is an in-depth research approach using various literature sources to understand a phenomenon in depth.

After determining the relevant library sources, both primary sources (original data sources such as scientific journals, books, research reports, and official documents) and secondary data (data sources that cite or refer to primary sources, such as review articles, textbooks, and encyclopedias). Furthermore, the data is analyzed simply and concluded.

## **3. DISCUSSION**

### **3.1. Learning Guidance**

#### **3.1.1. Definition of Learning Guidance**

Learning guidance is one of the fields of guidance, to review the definition of learning guidance, the nature of guidance itself will first be discussed. The definition of guidance according to Crow & Crow (Prayitno, 2004: 94) is assistance provided by someone, who has an adequate personality and is well trained to individuals of all ages to help them organize their own life activities, develop their

own outlook on life, make their own decisions, and bear their own burdens. According to Crow & Crow, guidance services provided to individuals or groups of individuals are useful for avoiding and overcoming problems in their lives independently.

Meanwhile, according to Donald G. Mortenson (Marsudi, 2003: 31) the definition of guidance is: a. Guidance is part of an education program b. Guidance is assistance and opportunity for everyone c. Guidance is provided by officers who have expertise d. With guidance, individuals are expected to develop according to their abilities e. The basis of guidance is democracy. According to Donald G. Mortenson, guidance is the provision of assistance to each person carried out by experts in the field of guidance, and it is hoped that with this guidance the person being given guidance can develop according to their abilities. Meanwhile, according to Bimo Walgito (2004: 5) guidance is assistance or help given to individuals or groups of individuals in avoiding or overcoming difficulties in their lives, so that individuals or groups of individuals can achieve their welfare. Based on this understanding, it can be concluded that guidance is one form of the process of providing assistance to individuals or groups of individuals in solving their problems, so that each individual will be able to optimize their potential and skills in overcoming each problem, and achieving adjustment in their lives. After understanding the definition of guidance, the next study presented is one of the areas of guidance, namely tutoring. Tutoring according to Oemar Hamalik (2004: 195) is guidance aimed at students to get an education that is in accordance with their needs, talents, interests, abilities and helps students to determine effective and efficient ways to overcome learning problems experienced by students. Meanwhile, the Educational Psychology Department Team (Mulyadi, 2010: 107) said that tutoring is a process of providing assistance to students in solving difficulties related to learning problems. Based on the opinions of the experts above, it can be concluded that tutoring is a process of providing assistance to students in solving learning problems faced by students, so that the desired learning goals are achieved.

### 3.1.2. Purpose of Tutoring

According to Abu Ahmadi and Widodo Supriyono (2004: 111) the purpose of tutoring services in general is to help students to get good adjustments in learning situations, so that each student can learn efficiently according to their abilities, achieving optimal development. Abu Ahmadi and Widodo Supriyono explained that tutoring has several purposes, including:

- 1) Finding efficient and effective ways to learn for students.
- 2) Showing appropriate ways to learn and how and how to use textbooks.
- 3) Providing information in the form of suggestions and instructions for those who use the library.
- 4) Making school assignments and preparing for tests and exams.
- 5) Choosing a field of study according to talents, interests, intelligence, ideals, and physical or health conditions.
- 6) Showing ways to deal with difficulties in certain fields of study.
- 7) Determining the division of time and planning a study schedule.
- 8) Choosing additional lessons related to school lessons and for developing talents and careers in the future.

In line with the opinion of the Educational Psychology Department Lecturer Team (Mulyadi, 2010: 107) the purpose of tutoring is to help students to get good adjustments in learning situations. Examples of such adjustments are in the form of adjusting to the classroom environment, to the atmosphere when taking lessons at school, and to study group friends at school. According to Syamsu Yusuf and Juntika Nurihsan (2005: 15) the purpose of tutoring itself is:

- 1) Having a positive attitude and learning habits, such as the habit of reading books, being disciplined in learning, and paying attention to all lessons, and actively participating in all programmed learning activities
- 2) Having a high motive for learning
- 3) Having effective learning skills or techniques, such as the skills of reading books, taking notes, and preparing for exams
- 4) Having the skills to set goals and educational planning, for example making a study schedule, doing school assignments, establishing oneself in deepening certain lessons, and trying to obtain information about various things in order to develop broader insights
- 5) Having mental readiness and ability to face exams

From the opinions above, it can be concluded that the purpose of tutoring in general is to help students to get good adjustments in learning situations, so that each student can learn efficiently according to their abilities, and achieve optimal development.

### **3.2. Education and Work (Career)**

Human Capital Theory. The basic assumption of human capital theory is that a person can increase his/her income through increased education. Based on this theory, it can be explained that, every additional year of school means increasing a person's work ability and income level, but on the other hand, delaying income receipt for one year to attend the school and hoping to increase income with increased education (Mankiw, 2006:57).

Education has an influence on economic growth because education plays a role in increasing labor productivity. This theory assumes that community growth is determined by individual productivity, if everyone has a higher income because their education is higher, then the economic growth of the community can be supported (Mankiw, 2006:68).

Human Capital Theory considers formal education to be an investment, both for individuals and society, in relation to job opportunities to obtain jobs that are more open to those with higher levels of education. This is because in general the level of scarcity of graduates of higher education is also more accurate, so that the level of competition to get a suitable job is also looser. Job opportunities for higher education graduates are more open, so theoretically the unemployment rate in this group tends to be smaller than the group with lower education, however, job opportunities will narrow with the increasing number of higher education graduates.

The level of education also affects the level of income, those with higher education tend to earn higher incomes. Basically, the higher income of those with higher education is not a direct result of more expensive investments in their higher education, but from something complex.

The role of formal education to improve skills has been recognized by all countries. Formal education as stated by Todaro (2010), not only aims to improve knowledge and skills for workers for the benefit of development, but formal education can also provide values, ideals, attitudes and aspirations directly or indirectly related to the interests of development.

Employment opportunities are the number of workers who are working for other people or other companies and for their own businesses full time (Sukirno, 2008:27).

According to Yos Merizal (2008), employment opportunities can be interpreted as the absorption capacity of the working-age population and have entered the workforce who have actually worked, expressed in the form of the number of workers employed (Employment). The term Employment in English comes from the word to employ which means using workers in a process or employing, an effort to provide work accompanied by a source of livelihood.

Based on that, Employment means the state of people who are currently working or the state of using people's labor. It can be said that Employment is a job opportunity that is occupied or the number of people who occupy it. According to Sadono Sukirno (2008:27) employment opportunities are the number of workers who are working for other people/other companies and for their own businesses full time.

Job Search Theory. Search Theory is a model method that explains the problem of unemployment from a supply perspective, namely an individual's decision to participate in the job market based on the characteristics of the individual job seeker. Search Theory is part of economic uncertainty that arises because information in the labor market is imperfect, meaning that the unemployed do not know for sure the qualifications needed or the wage levels offered in job vacancies in the market. The information known to workers is only the frequency distribution of all job offers that are distributed randomly and the wage structure according to skill level.

Keynes' theory says that the way to reduce unemployment is to increase investment. For example, machines because machines need operators will automatically absorb labor. In addition, consumption must be the same as income, because the high level of consumption will also require a lot of output so that it automatically has to add workers if the output is high, the salaries of employees will automatically increase so that their purchasing power increases.

Based on perfect information, a person will know which company offers better wages, and the process of looking for work becomes unnecessary. Based on this, it will not happen that someone will be unemployed for a certain time to find the best job (Mankiw, 2004:1

### **3.3. Strengthening Religious Life**

One way to strengthen religious life is through harmony between religious communities, therefore we will discuss a little about religious harmony which we consider necessary as an Islamic counseling service.

### 3.3.1 Definition of Harmony

Harmony comes from the word rukun. In the Indonesian Dictionary, Ministry of Education and Culture Third Edition in 1990, the meaning of rukun is about the state of living in harmony or a group based on mutual assistance and friendship (WJS, 1920: 106). The word harmony comes from the basic word rukun, derived from

Arabic ruknun (rukun) plural arkan means principle or basis, for example: rukun islam, asas Islam or the basis of Islam. In the big Indonesian dictionary the meaning of rukun is as follows: Rukun (noun): (1) something that must be fulfilled for the validity of work, such as: prayer is invalid if the requirements and rukun are not sufficient; (2) asas, means: foundation, joint: everything is carried out well, does not deviate from its pillars; pillars of Islam: the main pillars in the Islamic religion; pillars of faith: the basis of belief in the Islamic religion.

Rukun (adjective) means: (1) good and peaceful, not contradictory: we should live in harmony with our neighbors: (2) united, in agreement: the villagers are very harmonious. To reconcile means: (1) to reconcile; (2) to make one heart united. Harmony: (1) about living in harmony; (2) a sense of harmony; agreement: harmony in living together (Syaukani, 2008: 4).

Etymologically, the word harmony originally comes from Arabic, namely ruknun which means pillar, foundation, or principle. The plural of rukun is arkaan. From the word arkaan, the understanding is obtained that harmony is a unity consisting of various different elements, each of which strengthens each other. Unity cannot be realized if any of these elements are not functioning. Meanwhile, what is meant by religious life is the occurrence of a good relationship between adherents of one religion and another in one association and religious life, by mutually caring for each other, looking after each other and avoiding things that can cause harm or offend feelings (Jirhanuddin, 2010: 190). Based on the several definitions above, it can be concluded that the harmony of religious life contains three important elements: first, the willingness to accept differences in beliefs with other people or groups. Second, the willingness to allow others to practice the

teachings they believe in. And third, the ability to accept differences, feel the beauty of a difference and practice its teachings. The nobility of each religious teaching that is adhered to by each person. More than that, every religion is a guide to the life of mankind that comes from the teachings of God.

### 3.3.2. Interfaith Harmony

Interfaith harmony is a social condition when all religious groups can live together without reducing each other's basic rights to carry out their religious obligations. Each good religious adherent must live in harmony and peace. Therefore, interfaith harmony cannot be born from blind fanaticism and an attitude of indifference to the rights of diversity and the feelings of others. However, in this case it does not mean that interfaith harmony provides space for mixing certain elements from different religions, because this will damage the value of the religion itself.

Interfaith harmony itself can also be interpreted as tolerance between religious adherents. In tolerance itself, society must basically be open-minded and accept differences between religious adherents. In addition, society must also respect each other, for example in terms of worship, between adherents of one religion and another do not interfere with each other (Wahyuddin, 2009: 32).

Interfaith harmony is a form of harmonious relationship in the dynamics of social life that strengthens each other which is bound by an attitude of life control in the form of:

- 1) Mutual respect for the freedom to practice worship according to one's religion.
- 2) Mutual respect and cooperation between religious adherents, between various religious groups and religious communities with the government who are both responsible for building the nation and state.
- 3) Mutual tolerance and tolerance by not forcing religion on others. Thus, interfaith harmony is one of the main pillars in maintaining a good, peaceful atmosphere, not quarreling, not moving, united hearts and agreeing between religious communities of different religions to live in harmony.

## 4. CONCLUSION

Tutoring is a process of providing assistance to students in solving learning problems faced by students, so that the desired learning goals are achieved.



The purpose of tutoring is to help students get good adjustments in learning situations, so that each student can learn efficiently according to their abilities, and achieve optimal development.

Religious harmony contains three important elements: first, the willingness to accept differences in beliefs with other people or groups. Second, the willingness to allow others to practice the teachings they believe in. And third, the ability to accept differences, feel the beauty of a difference and practice its teachings.

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