



**ICIGC 2022**

# Abstrak Book

**International Conference On  
Islamic Guidance & Counseling**

Theme:

**"Strengthening Innovation of Islamic Guidance and Counseling  
Services for Sustainable Growth Towards Society 5.0 Era"**

**ABSTRACT BOOK**  
**THE 2<sup>ND</sup> INTERNATIONAL CONFERENCE**  
**ON ISLAMIC GUIDANCE AND COUNSELING**

**THEME :**

***“STRENGTHENING INNOVATION OF ISLAMIC GUIDANCE AND  
COUNSELING SERVICES FOR SUSTAINABLE GROWHT TOWARDS  
SOCIETY 5.0 ERA”***

**YOGYAKARTA, MARCH 10<sup>TH</sup>, 2022**

***Presented By:***

**DEPARTMENT OF ISLAMIC GUIDANCE AND COUNSELING  
FACULTY OF DA’WAH AND COMMUNICATION  
SUNAN KALIJAGA STATE ISLAMIC UNIVERSITY**

**THE 2<sup>ND</sup> INTERNATIONAL CONFERENCE ON ISLAMIC GUIDANCE  
AND COUNSELING**

***“STRENGTHENING INNOVATION OF ISLAMIC GUIDANCE AND  
COUNSELING SERVICES FOR SUSTAINABLE GROWHT TOWARDS  
SOCIETY 5.0 ERA”***

March 10<sup>th</sup>, 2022

Theatrical building, Faculty of Da'wah and Communication, East  
Campus, Sunan Kalijaga State Islamic University, Yogyakarta,  
Indonesia.

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## PREFACE

Alhamdulillah. Thank you to the presence of Allah SWT who has blessed us all. Shalawat and greetings, we always give to our lord the great prophet Muhammad SAW.

This event was born out of concern for various conditions. Where is the era of milineum with internet technology in such away. Until the free market with easy access in various fields. The consequence is to bring about major changes in all fields of culture, values, and community norms, the education system, and so on. Which will more or less have an impact on the patterns of behavior and human life it self. So it is not uncommon for the mindset to have inappropriate behavior. As a result of the inability of adaptation to harmonize self-development with developments that occur in various aspects of life. So, the threat to our psychological condition as humans, which should be a condition of feeling, creativity and initiative, also continues to roll. It is very worrying, this is evident in the exposure of the phenomenon that surfaced. As more and more mental rehabilitation centers have sprung up, both private and government-run. From the orphanage to the Mental Hospital. This shows that there is no change in the number or no reduction in the prevalence of patients with psychological or mental disorders. As a result of the many problems that cannot be overcome, causing stress and frustration that are at risk of experiencing other more severe psychological disorders.

At present the National Emotional Mental Disorder (GME) has a prevalence of 6.0% or absolutely more than 10 million people. As for National Mental Disorders (Schizophrenia) there are 0.17% of the population or in absolute terms there are 400 thousand inhabitants. In rural areas, the proportion of households with at least one household member experiencing

severe mental illness and having been put on hold reached 18.2 percent. While in urban areas, the proportion only reached 10.7 percent. And overall there are

Around 26 million people worldwide experiencing Schizophrenia (bps.go.id).

In addition to the background above, this event is actually also one of our efforts in the framework of developing Islamic Guidance and Counseling. Where currently this field of science has not yet gotten a free place in the community. This can be seen from the reality in the field. Many agencies or industries and organizations do not know and employ graduates of this program. Though logically, if there are still humans on this earth, counseling is always needed. Starting from rehabilitation centers, companies, public and private institutions and every field of life actually requires the existence of people who understand counseling, especially Islamic counseling. For example in the company, then ideally in the Human Resource Development Unit the need for multi- discipline (there are psychologists, legal consultants, counselors, management and other experts), as well as other agencies. So you can say Islamic counseling is without limits, can be applied anywhere.

This in the Seconds international conference held by our study program which invited speakers from various countries and also fulfilled by the presentations from call for paper presenters from various university in the country. The conference will speak about nine sub-themes: Technology Usage in Counseling, Development of Media in Counseling, Rehabilitation and Addiction Counseling, School Counseling and Educational Psychology, Counseling for Person with Disabilities, Crisis, Trauma, and Disaster Counseling, Counseling and Sustainable Development Goals, Innovation of Counseling Approach and

## Contemporary Issues in Islamic Guidance and Counseling.

I would like to express my appreciation to Prof. Dr. Phiill Al Makin, M.A as a keynote speaker. Secondly, express my appreciation for plenary speakers Prof. Dr. Hj. Casmini, S.Ag (from Lecture in UIN Sunan Kalijaga, Yogyakarta), Mr. Abdul Halim, S.Pd., M.Pd (From Department of Education and Human Potential Development, National Dong Hwa University, Taiwan), and Mohd. Zaliridzal Bin Zakaria, Ph. D (Senior Lecturer Registered Counselor (KBPA) Counseling Program Faculty of Leadership and Management, USIM). and RR. Ria Dwi Agustina, S.Psi, MSc (Division of Social & Transcultural Psychiatry McGill University). Thank you for your willingness to be present among us to share knowledge and share information and Transcultural Psychiatry McGill University). Thank you for your willingness to be present among us to share knowledge and share information and experiences. Right, I respect all present invitations. Starting from Dean of Da'wah and Communication Faculty, Vice Dean I, II, and III, and Head of Communication and Islamic Broadcasting Department, Da'wah Management Department, Social Welfare Department, and Islamic Development Society Department. As well as what I respect to all International Conference on Islamic Guidance and Counseling participants, especially the paper presenters who have entrusted their articles to us and are willing to attend and participate in the success of the Study Program of Islamic Guidance and Counseling this time.

Finally, I would like to thank all parties, the committee such as Sunan Kalijaga Islamic Counseling and Guidance Family/ KEKOPI-SUKA, Volunteer of Islamic Guidance and Counseling Laboratory, Assistant Counselor for Islamic Counseling Clinic, and Student Board Association

of Islamic Guidance and

Counseling) who have worked hard, all lecturers at Islamic Guidance and Counseling Department and Faculty of Da'wah and Communication, special for Indonesian Islamic Guidance and Counseling Expert Association or Perkumpulan Ahli Bimbingan dan Konseling Indonesia (PABKI) and all parties that I cannot mention one by one have contributed to the success of this event. And I apologize if in the agenda of this activity, there are still shortcomings and mistakes. I hope that you enjoy this fruitful conference

Yogyakarta, March 10<sup>th</sup>, 2022

Head of Islamic Guidance and Counseling Department

**Slamet, S.Ag, M.Si**



# Contents



Preface | 1

Contents | 5

Conference Scheme | 6

Invited Speaker | 20

Panel Session | 24

## CONFERENCE SCHEME

### Venue:

Theatrical building, Faculty of Da'wah and Communication, East  
Campus, Sunan Kalijaga State Islamic University, Yogyakarta,  
Indonesia.

### PLENARY SESSION (March, 10 2022)

Time (WIB)	ACTIVITY	CAST
07.30 - 08.00	Open Room Zoom for participant	Operator
08:00 - 08:03	MC (Opening)	MC: Okti Setiyani
08:03 - 08:05	Reading Role of Seminar	
08:05 - 08:10	Indonesian National Anthem	Operator
	Hymne UIN Sunan Kalijaga	
08.10 - 08.15	Qur'anic Recitation	<b>Ai Euis Mudrikah</b>
08.15 - 08.25	Welcoming speech	<b>Slamet, S.Ag, M.Si</b>
08.25- 08.35		<b>Dr.Hj. Marhumah, M.Pd.</b>
08.35 - 08.45	Keynote Speaker	<b>Prof. Dr.Phil. Al Makin, S.Ag., M.A.</b>
08:45 - 08:50	Video ICIGC	Operator
08.50 - 09.10	Documentation	MC
	MC Submission to Moderator	
09.10 - 09.15	Moderator (Opening Plenary session)	Moderator : Arya Fendha Ibnu Sina, M.Si.
09.15 - 09.35	<b>Speaker 1 : (Canada)</b> <b>RR. Ria Dwi Agustina, S.Psi, MSc</b> (PhD Candidate, Division of Social & Transcultural Psychiatry McGill University)	<b>RR. Ria Dwi Agustina, S.Psi, MSc</b>
09.35 - 09:45	<i>Discussion (QnA)</i>	Moderator : Arya Fendha Ibnu Sina, M.Si.
	Moderator submits to the speaker 2	

09:45 - 10:05	<b>Speaker 2 : (Indonesian)</b> <b>Prof. Dr. Hj. Casmini, S.Ag., M.Si.</b> (Lecturer in UIN Sunan Kalijaga Yogyakarta) [Indonesian]	<b>Prof. Dr. Hj. Casmini, S.Ag., M.Si.</b>
	Moderator submits to the speaker 3	Moderator : Arya Fendha Ibnu Sina, M.Si.
10.05 - 10.25	<b>Speaker 3 : (Taiwan)</b> <b>Abdul Halim, S.Pd, M.Pd,</b> ( PhD Candidate, Department of Education and Human Potential Development, National Dong Hwa University, Taiwan)	<b>Abdul Halim, S.Pd, M.Pd,</b>
	Moderator submits to the speaker 4	Moderator : Arya Fendha Ibnu Sina, M.Si.
10.25 - 10.45	<b>Speaker 4 : (Malaysia)</b> <b>Mohd. Zaliridzal Bin Zakaria, Ph.D</b> (Senior Lecturer Registered Counselor (KBPA) Counseling Program Faculty of Leadership and Management, USIM)	<b>Mohd. Zaliridzal Bin Zakaria, Ph.D</b>
10.45 - 11.15	<i>Discussion (QnA)</i>	Moderator : Arya Fendha Ibnu Sina, M.Si.
11.15 - 11.20	Closing Moderator	
11.20 - 11.25	Announcement for parallel session	MC : Okti Setiyani
11.25 - 11.30	Closing MC	

## PARALLEL SESSION (March, 11 2022)

### ZOOM 1

Time (WIB)	ACTIVITY	CAST
07.00 - 07.45	Open Room Zoom for Presenters and participants	Operator
07:45 - 08:00	Opening MC ICIGC DAY 2	MC Zoom : Okti Setiyani
	Reading Parallel session rules	
	Documentation	
08.00 - 08.10	MC submits to Moderator	Moderator : Anggi Jatmiko, M.A
	Transition Videos	
	Moderator of Open Discussion (Parallel Session)	
08.10 - 08.25	Transition Videos	<b>Presentasion Panelist 1</b>

	<p><b>Presentasion Panelist 1</b> (Maryatul Kibtyah, Siti Fatimah, Khabib Akbar Maulana ) METODE BIMBINGAN AGAMA ISLAM BAGI SANTRI AUTIS DI PONDOK PESANTREN AL-ACHSANIYYAH KUDUS</p>	
	<i>Discussion (QnA)</i>	Panelist & Moderator
<b>08.25 - 08.40</b>	Transition Videos	
	<p><b>Presentasion Panelist 2</b> (Titi Isnaini Fauzah ) MARRIAGE GUIDANCE PROGRAM (BINWIN) AT MAYONG DISTRICT OFFICE OF RELIGIOUS AFFAIRS, JEPARA REGENCY, CENTRAL JAVA PROVICE</p>	<b>Presentasion Panelist 2</b>
	<i>Discussion (QnA)</i>	Panelist & Moderator
<b>08.40 -08.55</b>	Transition Videos	<b>Presentasion Panelist 3</b>
	<p><b>Presentasion Panelist 3</b> (Septian Nurul Istiqomah) DAMPAK PERKULIAHAN DARING PADA KONDISI PSIKOLOGIS MAHASISWA AKIBAT PANDEMI COVID-19</p>	
	<i>Discussion (QnA)</i>	Panelist & Moderator
<b>08.55 - 09.10</b>	Transition Videos	<b>Presentasion Panelist 4</b>
	<p><b>Presentasion Panelist 4</b> (Nadya Kharima) PELAKSANAAN PROGRAM DUKUNGAN PSIKOSOSIAL MELALUI PSYCHOLOGICAL FIRST AID (PFA) OLEH RELAWAN BENCANA ERUPSI SEMERU KABUPATEN LUMAJANG</p>	
	<i>Discussion (QnA)</i>	Panelist & Moderator
<b>09.10 - 09.25</b>	Transition Videos	<b>Presentasion Panelist 5</b>
	<p><b>Presentasion Panelist 5</b> Agus Pamuji Development of Graph-Based Cyber Counseling Model With Web-based Application Platform</p>	
	<i>Discussion (QnA)</i>	Panelist & Moderator
<b>09-25 - 09.40</b>	Transition Videos	

	<b>Presentasion Panelist 6</b> (Moh Rosyid) Strategi konseling Islam thdp muallaf eks komunitas samin di kudas <i>Discussion (QnA)</i>	<b>Presentasion Panelist 6</b>  Panelist & Moderator
<b>09.40 – 09.55</b>	Transition Videos	<b>Presentasion Panelist 7</b>  Panelist & Moderator
	<b>Presentasion Panelist 7</b> (Suryadi. M.A) Transformative Da'wah Through Counseling: A Portrait of the Personality of the Counselor from the Islamic Perspective of Islamic Archipelago <i>Discussion (QnA)</i>	
	<b>09.55 – 10.00</b>	Closing Discussion Moderator submits to MC
<b>10.00 – 10.05</b>	Closing	MC Zoom : Okti Setiyani

## ZOOM 2

Time (WIB)	ACTIVITY	CAST
07.00 - 07.45	Open Room Zoom for Presenters and participants	Operator
07:45 - 08:00	Opening MC ICIGC DAY 2	MC Zoom : Nova Defita
	Reading Parallel session rules	
	Documentation	
08.00 - 08.10	MC submits to Moderator	Moderator : Ferra Puspito Sari, M.Pd.
	Transition Videos	
	Moderator of Open Discussion (Parallel Session)	
08.10 - 08.25	Transition Videos	<b>Presentation Panelist 1</b>
	<b>Presentation Panelist 1</b> ( Siti Alawiyah, S.Sos.) COGNITIVE COUNSELING IN IMPROVING LEARNING ACHIEVEMENT OF SLOW LEARNER STUDENTS	
	<i>Discussion (QnA)</i>	
08.25 - 08.40	Transition Videos	<b>Presentation Panelist 2</b>
	<b>Presentation Panelist 2</b> ( Fitri Hidayati ) IMPLEMENTATION OF COUNSELING GUIDANCE IN SHAPING STUDENTS' SPIRITUAL INTELLIGENCE AT YPI TUNAS BANGSA PALEMBANG HIGH SCHOOL	
	<i>Discussion (QnA)</i>	
08.40 -08.55	Transition Videos	<b>Presentation Panelist 3</b>
	<b>Presentation Panelist 3</b> ( Alfin Miftahul Khairi2) POLA BIMBINGAN BELAJAR SISWA TUNARUNGU SAAT PANDEMI COVID-19 DI SLB NEGERI GUNUNGSARI	
	<i>Discussion (QnA)</i>	
08.55 - 09.10	Transition Videos	<b>Presentation Panelist 4</b>
	<b>Presentation Panelist 4</b> ( Hayatul Khairul Rahmat )	

	A SYSTEMATIC REVIEW OF THE INFLUENCED FACTORS OF PROTEAN CAREER ATTITUDE & PREVENTING GENETIC DISEASES THROUGH GENETIC COUNSELING TO BUILD A HARMONIOUS FAMILY: A NARRATIVE REVIEW	
	<i>Discussion (QnA)</i>	Panelist & Moderator
09.10 – 09.25	Transition Videos	<b>Presentation Panelist 5</b>
	<b>Presentation Panelist 5</b> (Ela Nurmalasari ) THE INFLUENCED FACTORS OF GRATITUDE: A SYSTEMATIC REVIEW	
	<i>Discussion (QnA)</i>	Panelist & Moderator
09-25 – 09.40	Transition Videos	<b>Presentation Panelist 6</b>
	<b>Presentation Panelist 6</b> ( Khaerunisa tri darmaningrum, Nimas Tri Nugroni, ANI MASRUROH Pelaksanaan Bimbingan Keagamaan Islam Untuk Membentuk Ketenangan Jiwa Para Lansia di Majelis Taklim Lestari di Desa Pesantren	
	<i>Discussion (QnA)</i>	Panelist & Moderator
09.40 – 09.55	Transition Videos	<b>Presentation Panelist 7</b>
	<b>Presentation Panelist 7</b> ( Farikhah Yuniarti, Hairunnisa Br Sagala ) “DEVELOPMENT OF META-COGNITIVE STRATEGY E-MODULE TO IMPROVE SELF-REGULATED LEARNING OF JUNIOR HIGH SCHOOL STUDENTS IN SOUTH CILACAP DISTRICT	
	<i>Discussion (QnA)</i>	Panelist & Moderator
09.55 – 10.10	Transition Videos	<b>Presentation Panelist 8</b>
	<b>Presentation Panelist 8</b> (Khaerunnisa Tri Darmaningrum, Nimas) <i>Da'wah Innovation with an Islamic Behavioral Approach for Eperdly at RPSBM</i>	
	<i>Discussioon (QnA)</i>	Panelist & Moderator

10.10 - 10.15	Closing Discussion	Moderator : Ferra Puspito Sari, M.Pd.
	Moderator submits to MC	
10.15 - 10.20	Closing	MC Zoom : Nova Defita

### ZOOM 3

Time (WIB)	ACTIVITY	CAST
07.00 - 07.45	Open Room Zoom for Presenters and participants	Operator
07:45 - 08:00	Opening MC ICIGC DAY 2	MC Zoom : Vira Rastika
	Reading Parallel session rules	
	Documentation	
08.00 - 08.10	MC submits to Moderator	Moderator : Nur Fitriyani Hardi, M.Psi.
	Transition Videos	
	Moderator of Open Discussion (Parallel Session)	
08.10 - 08.25	Transition Videos	<b>Presentation Panelist 1</b>
	<b>Presentation Panelist 1</b> ( Nadiva Afni Azizah ) CYBER COUNSELING: SEBUAH LAYANAN KONSELING DITENGAH PANDEMI COVID-19	
	<i>Discussion (QnA)</i>	
08.25 - 08.40	Transition Videos	<b>Presentation Panelist 2</b>
	<b>Presentation Panelist 2</b> ( Adhitya Ridwan Budhi Prasetyo Nugroho ) KOMUNIKASI TERAPEUTIK DALAM PENDEKATAN MINDFULNESS BASED STRESS REDUCTION (MBSR) DI RUMAH SAKIT	
	<i>Discussion (QnA)</i>	
08.40 - 08.55	Transition Videos	<b>Presentation Panelist 3</b>
	<b>Presentation Panelist 3</b> (Angga Febiyanto) PENGARUH TEKNIK FLOODING UNTUK MEMINIMALISASI KECEMASAN SISWA	



	DALAM MENYAMPAIKAN PENDAPAT DI DEPAN UMUM Studi Eksperimen pada Siswa-siswi Kelas X MAN 3 Sleman	
	<i>Discussion (QnA)</i>	Panelist & Moderator
08.55 – 09.10	Transition Videos	<b>Presentasion Panelist 4</b>
	<b>Presentasion Panelist 4</b> ( Eka Nuur Setiani ) Layanan Konseling Kelompok Teknik Behavioristik Pada Korban Maltreatment Menggunakan Assertive Training	
	<i>Discussion (QnA)</i>	Panelist & Moderator
09.10 – 09.25	Transition Videos	<b>Presentasion Panelist 5</b>
	<b>Presentasion Panelist 5</b> ( Muhammad Rizai ) PENDIDIKAN KARAKTER MELALUI LAYANAN BIMBINGAN DAN KONSELING PADA SISWA SEKOLAH MENENGAH PERTAMA ~ KONSELING SOLUTION FOCUSED BRIEF THERAPY BERBASIS NILAI-NILAI FILOSOFIS MASYARAKAT JAWA	
	<i>Discussion (QnA)</i>	Panelist & Moderator
09-25 – 09.40	Transition Videos	<b>Presentasion Panelist 6</b>
	<b>Presentasion Panelist 6</b> ( Fatimatus Zahroh, M. Miqdad Muwafiqul Hasan ) KETERAMPILAN VOKASIONAL SEBAGAI UPAYA PENINGKATAN KEMANDIRIAN ANAK BERKEBUTUHAN KHUSUS DI SMPLB-BCD YPAC JEMBER	
	<i>Discussion (QnA)</i>	Panelist & Moderator
09.40 – 09.55	Transition Videos	<b>Presentasion Panelist 7</b>
	<b>Presentasion Panelist 7</b> ( Nilu Farul Izzah Marsha ) KONSELING INDIVIDU DENGAN PENDEKATAN LOGOTHERAPY DALAM MENINGKATKAN MAKNA HIDUP PADA	

	WARGA BINAAN PEMASYARAKATAN DI LAPAS KELAS IIB PROBOLINGGO	
	<i>Discussion (QnA)</i>	Moderator : Nur Fitriyani Hardi,M.Psi.
<b>09.55 - 10.00</b>	Closing Discussion	Moderator : Nur Fitriyani Hardi,M.Psi. .
	Moderator submits to MC	
<b>10.00 - 10.05</b>	Closing	MC Zoom : Vira Rastika

## ZOOM 4

Time (WIB)	ACTIVITY	CAST
07.00 - 07.45	Open Room Zoom for Presenters and participants	Operator
07:45 - 08:00	Opening MC ICIGC DAY 2	MC Zoom : Fania
	Reading Parallel session rules	
	Documentation	
08.00 - 08.10	MC submits to Moderator	Moderator : Sudharno Dwi Yuwono, M. Pd.
	Transition Videos	
	Moderator of Open Discussion (Parallel Session)	
08.10 - 08.25	Transition Videos	<b>Presentasion Panelist 1</b>
	<b>Presentasion Panelist 1</b> ( Nida Nur Hafidza ) MUSIC THERAPY TO REDUCE STRESS DURING THE COVID 19 PANDEMIC	
	<i>Discussion (QnA)</i>	
08.25 - 08.40	Transition Videos	<b>Presentasion Panelist 2</b>
	<b>Presentasion Panelist 2</b> ( Wike silfia ) POST TRAUMATIC STRES DISORDER: TRAUMA HEALING DAN EDUKASI ANAK PASCA BENCANA ERUPSI GUNUNG SEMERU LUMAJANG	
	<i>Discussion (QnA)</i>	
08.40 -08.55	Transition Videos	<b>Presentasion Panelist 3</b>
	<b>Presentasion Panelist 3</b> (Wasilah) DEVELOPMENT OF YOUTH INFORMATION AND COUNSELING CENTER (PIK-R BEMASTER) AS AN INFORMATION AND COUNSELING SERVICE FOR ISLAMIC GROUPS AT SMA NEGERI 1 BESUKI	
	<i>Discussion (QnA)</i>	

08.55 – 09.10	Transition Videos	<b>Presentasion Panelist 4</b>
	<b>Presentasion Panelist 4</b> ( Indah Dwi Lestari ) PENINGKATAN SELF AWARENESS PADA PENGEMIS MELALUI KONSELING ISLAM BERBASIS PENDEKATAN RATIONAL EMOTIVE BEHAVIORAL THERAPY	
	<i>Discussion (QnA)</i>	Panelist & Moderator
09.10 – 09.25	Transition Videos	<b>Presentasion Panelist 5</b>
	<b>Presentasion Panelist 5</b> (Nadhifatuz Zulfa, Nisa'ul Kamilah) KONSELING ISLAMI MELALUI TAHLILAN UNTUK MENGATASI KETIDAKDISIPLINAN SHALAT ANAK DI DESA LANDUNGSAR	
	<i>Discussion (QnA)</i>	Panelist & Moderator
09.25 – 09.40	Transition Videos	<b>Presentasion Panelist 6</b>
	<b>Presentasion Panelist 6</b> ( Muhammad Nur Ali Ridho ) BIMBINGAN KELOMPOK DENGAN MENGUNAKAN TEKNIK DISKUSI DALAM MENGURANGI RASA CANGGUNG MAHASISWA TUNANETRA (STUDI KASUS DUA MAHASISWI BIMBINGAN DAN KONSELING ISLAM UIN	
	<i>Discussion (QnA)</i>	Panelist & Moderator
09.40 – 09.55	Transition Videos	<b>Presentasion Panelist 7</b>
	<b>Presentasion Panelist 7</b> ( Ainun Norma ) POLA INTERAKSI SOSIAL DALAM PENYESUAIAN DIRI ANAK TUNANETRA DI SLB NEGERI JEMBER	
	<i>Discussion (QnA)</i>	Panelist & Moderator
09.55 – 10.05	Closing Discussion	Moderator : Sudharno Dwi Yuwono, M. Pd.
	Moderator submits to MC	
10.05-10.10	Closing	MC Zoom : Fania

## ZOOM 5

Time (WIB)	ACTIVITY	CAST
07.00 – 07.45	Open Room Zoom for Presenters and participants	Operator
07:45 - 08:00	Opening MC ICIGC DAY 2	MC Zoom : Windy
	Reading Parallel session rules	
	Documentation	
08.00 – 08.10	MC submits to Moderator	Moderator : Reza Mina Pahlewi, M.A.
	Transition Videos	
	Moderator of Open Discussion (Parallel Session)	
08.10 – 08.25	Transition Videos	<b>Presentation Panelist 1</b>
	<b>Presentation Panelist 1</b> ( Alifia Indriastuti ) BIMBINGAN KARIR UNTUK MEMBANGUN MOTIVASI DALAM MELANJUTKAN PENDIDIKAN TINGGI BAGI PENYANDANG DISABILITAS	
	<i>Discussion (QnA)</i>	
08.25 – 08.40	Transition Videos	<b>Presentation Panelist 2</b>
	<b>Presentation Panelist 2</b> ( Khefi Larasati ) PENGARUH REHABILITASI UNTUK MENGATASI GANGGUAN KEPRIBADIAN DEPENDEN	
	<i>Discussion (QnA)</i>	
08.40 -08.55	Transition Videos	<b>Presentation Panelist 3</b>
	<b>Presentation Panelist 3</b> ( Sayik Gofar Mugni ) PELAKSANAAN BIMBINGAN KEAGAMAAN ISLAM UNTUK MEMBENTUK KETENANGAN JIWA PARA LANSIA DI MAJELIS TAKLIM LESTARI DI DESA PESANTREN	
	<i>Discussion (QnA)</i>	

08.55 – 09.10	Transition Videos	<b>Presentation Panelist 4</b>
	<b>Presentation Panelist 4</b> ( Muhammad Fauzi Al Fariza ) PERAN LAYANAN KONSELING BAGI KORBAN PELECEHAN SEKSUAL	
	<i>Discussion (QnA)</i>	Panelist & Moderator
09.10 – 09.25	Transition Videos	<b>Presentation Panelist 5</b>
	<b>Presentation Panelist 5</b> ( Andhini Ardhiya ) PERAN KONSELOR DALAM MEWUJUDKAN PENDIDIKAN BERKUALITAS MENUJU SDGS 2030	
	<i>Discussion (QnA)</i>	Panelist & Moderator
09-25 – 09.40	Transition Videos	<b>Presentation Panelist 7</b>
	<b>Presentation Panelist 6</b> ( Rachmat Insani Akbar ) REHABILITASI SOSIAL DENGAN METODE SPIRITUAL BAGI PENYANDANG DISABILITAS MENTAL	
	<i>Discussion (QnA)</i>	Panelist & Moderator
09.40 – 09.55	Transition Videos	<b>Presentation Panelist 7</b>
	<b>Presentation Panelist 7</b> ( Nur Alfiyah Bintang ) BIMBINGAN KARIR UNTUK MEMBANGUN MOTIVASI DALAM MELANJUTKAN PENDIDIKAN TINGGI BAGI PENYANDANG DISABILITAS.	
	<i>Discussion (QnA)</i>	Moderator : Reza Mina Pahlewi, M.A.

<b>09.55 - 10.05</b>	Closing Discussion	Moderator : Reza Mina Pahlewi, M.A.
	Moderator submits to MC	
<b>10.05-10.10</b>	Closing	MC Zoom : Windy

# Invited

# Speakers

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## **Human Centered Society : Inovation of Services for Young People**

**RR. Ria Dwi Agustina. S.Psi., M.Sc**

The world is constantly changing every day with the development of technology that can be found in all aspects of community life. Technological developments can help individuals to achieve well-being, overcome problems, and increase productivity especially in this pandemic period. However, on the other hand this also causes the emergence of mental health problems. It's a challenge for today's youth. They are feeling the impact of the current pandemic. Many young people are disconnected from those closest to them such as family and friends. What we can do to help young people is to provide mental health care and self-development programs. We can use technological advances to solve the problems that are happening now. E- mental health can be used to overcome the psychological problems of youth. That way they can access mental health services easily. In addition, we can also use Online Lay Counseling. That way, lay counselors can be professionally trained and can provide effective mental health interventions especially in low- and middle-income countries. Personal development can also be done by young people. By participating in self-development activities, youth tend to be able to develop a positive social attitude, can engage in productive activities, and can develop work skills in the future.

## **Society 5.0: Guiding to Establishing Social Justice in Human Potential Development**

**Abdul Halim, S.Pd., M.Pd., Ph.D**

We are currently facing a technological advance in Society 5.0 era. Everything in the world can be helped by Artificial Intelligence (AI) technology. With the advancement of technology can help us achieve prosperity or overcome problems. There are also differences in communication patterns with technological advances. Once someone had to send a message by mail but now we can get it easily. In society 5.0, we can use metaverse technology to visit various things in the world and all things can be done online. Education can also be done online especially during pandemic times. But it also raises problems for educators, namely declining student productivity, the difficulty of involving students in online classes, the occurrence of cyber bullying, etc.

Therefore, counseling guidance must be able to be present to develop potential and overcome problems. With the change of Society 5.0 we must be able to change things for the better. In Islam we cannot be anti-change and development. As a Muslim Citizen of Indonesia, we must be able to manage ourselves in the use of technology. We must be able to be a person who exists in the present, still hold Pancasila as our ideology and still hold our beliefs as a Muslim.

## **STRENGTHENING INNOVATION OF ISLAMIC GUIDANCE AND CONSULTATION SERVICES FOR SUSTAINABLE COMMUNITY GROWTH**

The challenge of counseling advice during this period is to be innovative. Innovation has become a fundamental need during this period, changing so fast that many millennials have become consultants, so every profession needs to be innovative. This innovative counseling approach emphasizes the interrelationships of body, mind and spirit in the recovery and healing of society. Sustainable societies refer to the three main elements of human existence: economy, ecology and humankind. The first element is very much in the sense that the purpose of social and economic activity is to meet human needs or desires, thereby creating three dimensions of human existence: biological, social and spiritual.

To strengthen Islamic counseling services Islamic advisory services for sustainable community growth requires adhering to the overall combination of Islamic values that can be linked through the integration of cyberspace and physical community space. The relationship of mutual assistance in good, or it may be due to the traditional Sufist approach. Islamic guidance and counseling within the framework of spiritual counseling harnesses the power of prayer and affirmation, spiritual healing and touch, and spiritual conversation. Spiritual or psikospiritual counseling approach supports the client's system of beliefs and values. It integrates the client's essence support system and promotes spiritual growth and development. The goal of spiritual counseling is to help people find their spiritual self. As a muslim innovator, we need to adopt comprehensive strategy in our advancement. Innovative ideas must not only focus on the client's perspective, but must also look into the practitioner's perspective.

# Panel Session

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# **METODE BIMBINGAN AGAMA ISLAM BAGI SANTRI AUTIS DI PONDOK PESANTREN AL-ACHSANIYYAH KUDUS**

**Maryatul Kibtyah**

*UIN Walisongo Semarang, Indonesia*

**Siti Fatimah**

*UIN Walisongo Semarang, Indonesia*

**Khabib Akbar Maulana**

*Universitas Gadjah Mada, Yogyakarta, Indonesia*

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*Humans in addition to being referred to as social creatures are also referred to as religious creatures. As described in QS. Ar-Rum verse 30, that the fitrah of man to have spiritual needs can be obtained through religion. It becomes important to provide religious guidance to autistic people because in essence they also have positive potentials that can develop. They need to understand the science of religion and how to practice it according to its conditions. This research is a type of qualitative research that aims to find out the method of Islamic guidance for Autistic Santri in Pondok Pesantren Al-Achsaniyyah Kudus. The results of this study showed that the method of Islamic guidance in Pondok Pesantren Al-Achsaniyyah Kudus was carried out through three stages. The first is the preparatory stage, where ustadz-ustadzah prepares Islamic religious guidance materials that will be presented to autistic students. Then the second is the implementation stage, Islamic religious guidance is carried out every day through activities with obligatory prayer materials or sunnah, reading volumes and the Qur'an, guidance of ablution, and audio stimulation of the Qur'an. The implementation of such Islamic religious guidance is certainly not separated from the methods applied. The*

*methods of Islamic religious guidance found are divided into general methods and special methods. General methods include direct and indirect methods, while in the specific methods for autistic students include habituation methods, full Prompt assistance methods, mentalqin methods in guidance in reading the Qur'an, and demonstration methods by demonstrating. Then the last is the evaluation stage, at this stage ustadz-ustadzah provides peiliaian against autistic students.*

**Keyword: Bimbingan Islami, Autis, Pesantren.**

# **BINWIN PROGRAM AT MAYONG DISTRICT OFFICE OF RELIGIOUS AFFAIRS, JEPARA REGENCY, CENTRAL JAVA PROVINCE**

**Arnis Rachmadhani<sup>1</sup>**

*National Research and Inovation Agency.*

**Lilam Kadarin Nuriyanto<sup>2</sup>**

*National Research and Inovation Agency.*

**Isnanto<sup>3</sup>**

*National Research and Inovation Agency.*

**Rosidin<sup>4</sup>,**

*National Research and Inovation Agency.*

**Titi Isnaini Fauzah<sup>5</sup>**

*National Research and Inovation Agency.*

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*This paper examines the implementation of the Marriage Guidance Service (BINWIN) at the Mayong District Office of Religious Affairs, Jepara Regency. The data collected in this qualitative study includes interviews, observations, and literature studies. The supporting factor for the implementation of BINWIN is having a legal umbrella of the Regulation of the Director-General of Islamic Community Guidance No. 373 of 2017 which was later perfected by the Regulation of the Director-General of Islamic Community Guidance No. 379 of 2018 concerning Pre-Marriage Guidance for Prospective husband and wife. BINWIN aims to provide comprehensive training to participants in realizing a Sakinah family. The BINWIN program has an inhibiting factor during the Covid-19 pandemic that it cannot be maximally given to prospective husband and wife. BINWIN can only be carried out independently without face-to-face meetings. Prospective husband and wife who works in companies and factories were having a problem with permission to attend BINWIN. The BINWIN program has not yet become a mandatory prerequisite for marriage. Hence, it is time to decide that the BINWIN Certificate is a prerequisite for marriage registration. Challenges include the lack of facilitators trained by certified national-level instructors and the lack of budget for the BINWIN, which is sourced from the DIPA of the*

*Ministry of Religious Affairs of the Republic of Indonesia. It is expected that there will be additional funds in the funding ceiling for future activities of BINWIN.*

**Keyword : Marriage Guidance,Bride and Grom,Sakinah Family**



# **Dampak Perkuliahan Daring Pada Kondisi Psikologis Mahasiswa Akibat Pandemi Covid-19**

**Septian Nurul Istiqomah**

Universitas Negeri Semarang , Indonesia,

**Athia Tamyizatun Nisa**

Universitas Islam Negeri Raden Mas Said Surakarta

**Muh. Nur Rochim Maksum**

Universitas Muhammadiyah Surakarta

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*Online lectures can be done wherever and whenever students are, as long as they are connected to the internet network. The latest conditions regarding onlinelectures are carried out by students due to the state of the pandemic status of the Covid-19 virus. So that all student activities cannot be carried out as usual which can affect the formation of psychological conditions. The purpose of this study is to produce analysis findings of the impact of online lectures, the constraints and advantages of online lectures, as well as the factors causing the psychological condition of students during the covid-19 pandemic.*

*This study uses a qualitative descriptive approach in which research subjects are selected by purposive sampling by determining the criteria, namely students conduct 100% of lectures online, students live in Tanjung Village, Bendo District, Magetan Regency and stay at home, and students are not currently studying, Internship/PPL/KKN/Thesis. Data collection techniques used in the form of observation, interviews, and documentation. The method of data validity used is triangulation which is a type of triangulation method. Data analysis techniques used are data collection, data reduction, data presentation, conclusion drawing or verification.*

*The results of this study indicate that the impact of online lectures is caused by internal factors, external factors, obstacles to online lectures, and the advantages ofonline lectures. From these things form the psychological condition of students in the form of positive psychological conditions and negative psychological conditions*

***Keywords: Online lectures Psychological conditions Students***

# **Pelaksanaan Program Dukungan Psikososial Melalui *Psychological First Aid (PFA)* oleh Relawan Bencana Erupsi Semeru Kabupaten Lumajang**

**Nadya Kharima**

*UIN Syarif Hidayatullah Jakarta*

**Yulianti**

*UIN Sunan Kalijaga Yogyakarta*

**Aninda Dwi Anjani**

*LK3 UIN Syarif Hidayatullah Jakarta*

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*The Semeru mountain eruption that occurred in Lumajang Regency that occurred on December 4, 2021 left many sorrows including loss of property, relatives, and prolonged trauma. Therefore, volunteers are present to provide support to disaster victims with various forms of assistance such as evacuation assistance, logistics, warm posts, free laundry and psychosocial support. There is currently a psychosocial support program in the form of Psychological First Aid (PFA). Based on this, the study focused on seeing how the implementation of psychosocial support programs through PFA by volunteers of the eruption disaster of Mount Semeru in Lumajang district. The research methods in this study use descriptive qualitative research using data collection through interviews and documentation studies. Based on the results of the study, it can be concluded that there are eight components of PFA implementation that have been implemented by volunteers, namely (1) contact and involvement; (2) safety and comfort; (3) stabilization; (4) information gathering: needs and concerns (5) practical assistance; (6) relationships with social support; (7) information about coping; and (8) the association with collaborative services. And there are obstacles felt by volunteers are related to adaptation to the language, because volunteers are usually brought from different regions so that different languages.*

***Keyword: Dukungan Psikososial, Relawan, Erupsi Semeru  
Pendahuluan.***

# **Development of Graph-Based Cyber Counseling Model With Web-based Application Platform**

**Agus Pamuji**

*Syekh Nurjati State Islamic Institute, Cirebon, Indonesia*

**Muzaki**

*Syekh Nurjati State Islamic Institute, Cirebon, Indonesia*

**Eha Julaeha**

*Syekh Nurjati State Islamic Institute, Cirebon, Indonesia*

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*Almost everyone interacts with screen-focused technology. With flat-screen applications, smartphone use is an object that is always close to someone. Information technology, the application of counselling is increasing, if it is associated with certain needs. In general, counselling is done in a traditional way that has been applied for a long time. Alternatively, counselling with the help of applications is also an opportunity and away, and counsellors provide services to counselees. Therefore, counselling carried out virtually is the main focus besides being able to be implemented in a remote context. Counselling with a virtual platform is easy, flexible and can be anywhere. Weaknesses that exist in virtual counselling tend to be uncontrolled when viewed from the interaction pattern. In this paper, the purpose of this study is to describe the pattern of interaction between counsellors and counselees in virtual counselling services. The virtual counselling in this case is run on a web application platform. The breakdown of interaction and communication patterns in counselling is done on a graph basis. The graph method is a method that describes the counsellor and counselee as vertices represented by circles. The flow of communication and its interaction is described by lines as segments. The final result shows that the interaction in virtual or cyber*

*counselling services is relatively high. Another finding is the reaction made by the counselee and successfully identified, namely the counselee who is closed and open when expressing problems to the counsellor. Thus, the graph-based cyber counselling development model can predict which clients are open and closed.*

***Keyword: Cyber Counseling, Web-based Application***

# STRATEGI KONSELING ISLAM BAGI MUALLAF EKS-KOMUNITAS SAMIN

**Moh Rosyid**

*IAIN Kudus*

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*The purpose of writing this manuscript is to examine the need to design islamic religious counseling strategies against Samin ex-community converts in Kudus Central Java. Usually wong / Samin people become Muslims (converts) because of marriage with Muslim women in Islam so as to become Muslims. Research data is obtained by interviews, observations, and reviewing literature related to the topic. Data is analyzed with a qualitative descriptive approach. As a result of the research, Samin is a community that follows the teachings of Ki Samin Surosentiko or Saminisme since the Dutch colonial era until now. His teachings promote social ethics, as well as the teachings of religions. Theologically, worship is similar to the teachings of believers. Success for the counselor to become a kaffah in the midst of his family is the main tarjet. The reason, muallaf (ex-Samin) has not understood the teachings of Islam and in a position as the head of the family then tips that counselors must do with (1) counseling planning, (2) setting goals, (3) identifying the condition of the counselor, (4) mapping the easy things and obstacles, and (5) determining alternative counseling. In addition, Islamic religious counselors must understand elements, ethics, substance, managerial including planning, organizing, implementation, evaluation / supervision / development, models and successes, principles and effectiveness, and counseling approaches. The success of the coselor is the convert ex-Samin becomes Islam kaffah so that his family / descendants become Muslims who kaffah as well.*

***Kata Kunci: muallaf, eks-Samin, konseling religi, dan strategi.***

# **Transformative Da'wah Through Counseling: A Portrait of the Personality of the Counselor from the Islamic Perspective of Islamic Archipelago**

**Suryadi**

*Department of Islamic Guidance and Counseling, Kiai Haji Achmad Siddiq State Islamic University, Jember, Indonesia*

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The science of counseling is included in the science that studies about solving one's problems. Therefore, the knowledge of Counseling Guidance is closely related to Islamic da'wah. In this case, local wisdom is also very necessary for a scientific approach, because so far there have been many approaches from western concepts. The existence of the study of Islam Nusantara which includes Tawazun, tawasuth and Tasamuh is very interesting when used as a personality in a counselor. This study uses a descriptive qualitative approach. The collection was obtained through observation, interviews and documentation. The data collected were analyzed using descriptive analysis. The findings of this study show that the first Nusantara Islam approach, with Tawazun's personality, is a mindset that integrates God's provisions with the reality faced by humans. Second, the tawasuth personality makes a counselor who has a personality that is not fundamentalist and liberal so that wherever a counselor is located, it will be accepted by all levels of society. Third, tasamuh will make a counselor have the personality to compete to help fellow human beings even though they have different ethnic, racial, religious and cultural backgrounds.

***Keywords: Da'wah, Counselor Personality, Islamic Archipelago***



# **COGNITIVE COUNSELING IN IMPROVING LEARNING ACHIEVEMENT OF SLOW LEARNER STUDENTS**

**Siti Alawiyah**

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**Mamat Supriatna**

*Indonesian Education University, Bandung, Indonesia*

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*Slow learner students are students who have limited cognitive capacity that is below average and with a low IQ level. Slow learner students can achieve a moderate level of success in learning even with additional time and assistance. To improve the learning achievement of slow learner students, guidance and counseling teachers carry out various approaches that are in accordance with their ultimate goals. This study uses the concept of a literature review using the Systematic Literature Review (SLR) technique. The Systematic Literature Review technique is an important feature of academic research. By summarizing, analyzing, and synthesizing a group of related literature, one can test certain hypotheses and/or develop new theories.*

***Keyword: Cognitive Counseling, CBT, Cognitive Structuring, Slow Learner***

# **Implementation of Counseling Guidance in Shaping Students' Spiritual Intelligence at YPI Tunas Bangsa Palembang High School**

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*This article is about the implementation of counseling guidance in shaping the spiritual intelligence of students at YPI Tunas Bangsa Palembang High School. The results of the study indicate that the implementation of counseling guidance in shaping students' spiritual intelligence has been carried out well. The research method used is a qualitative method with a descriptive approach. Data collection techniques used are observation, interview, and documentation techniques. The main data sources in this study were the Principal, Counseling Guidance Teachers, Students, and documents related to counseling guidance. Implementation of counseling guidance in shaping students' spiritual intelligence is done by approaching students, motivation, coordination, and direction. The supporting factors are (1) there is cohesiveness in the counseling guidance team; (2) supporting facilities and infrastructure for the implementation of counseling guidance in shaping students' spiritual intelligence; and (3) cooperative students. While the inhibiting factors, namely (1) the spiritual intelligence of students are different; (2) family environment; (3) association; (4) environment, and (5) limited time in implementing counseling guidance to form students' spiritual intelligence. The implementation of counseling guidance in shaping students' spiritual intelligence at YPI Tunas Bangsa Palembang High School*

*has been going quite well, but it must still be considered and improved again to form students' spiritual intelligence properly.*

***Keyword : Implementation, Counseling Guidance, Spiritual Intelligence***

## **Pola Bimbingan Belajar Siswa Tunarungu Saat Pandemi Covid-19 di SLB Negeri Gunungsari**

**Ranty Purwita Ningrum**

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**Alfin Miftahul Khairi<sup>2</sup>**

*Raden Mas Said State Islamic University, Surakarta, Indonesia*

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*The purpose of this study was to determine the pattern of tutoring for deaf students during the Covid-19 pandemic at SLB Negeri Gunungsari Baureno Bojonegoro. The researcher uses a qualitative method with a case study approach, the technique of determining the subject is through purposive sampling. Data collection techniques through interviews, observation, and documentation. The results of this study indicate that the pattern of tutoring provided by the teacher to deaf students at SLB Negeri Gunungsari Baureno is in the form of intensive communication, additional subject matter, direction, cooperation with parents, and additional assignments. Tutoring is carried out online and home visit are provided according to the needs of deaf students. Learning assistance through tutoring services was responded to by both the parents and the deaf students. In addition, deaf students show good learning development.*

**Keywords: Covid-19, Tutoring, Deaf Students**

# **A Systematic Review of the Influenced Factors of Protean Career Attitude Of Protean Career Attitude**

**Syahti Pernanda**

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**Hayatul Khairul Rahmat**

*Sunan Kalijaga State Islamic University, Yogyakarta, Indonesia*

**Moh. Khoerul Anwar**

*Central China Normal University, Hubei, China*

**Ivan Tofani**

*University of Karimun, Karimun, Indonesia*

**Desi Alawiyah**

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*Nowadays, there is a shift in the career path model from a traditional career to a protean career. Protean career attitude refers to an attitude in which a person plays an independent role in determining his own career pattern. This study aims to examine the results of research related to the factors that influence the protean career attitude of individuals. The research method used in this study is a systematic review. The results of this study indicate that protean career attitude is influenced by emotional intelligence, subjective career success, turnover intention, organizational commitment, career satisfaction, objective career success, task performance, and perception of employability.*

***Keywords: Emotional Intelligence, Career Pattern, Protean Career***

# **Preventing Genetic Diseases Through Genetic Counseling to Build a Harmonious Family: a Narrative Review**

**Hayatul Khairul Rahmat**

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**Ade Fajrian**

*Master of Molecular Biotechnology, Faculty of Biochemistry, Biophysics and Biotechnology, Jagiellonian University, Kraków, Poland*

**Nurbaiti Ma'rufah**

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*Indonesia is a country that has complex genetic diversity which can be seen from the diversity of ethnicity, language, and culture that extends from various islands. Seeing this, it can be estimated that Indonesia also has a high number of genetic diseases. The aim of this study is to examine the use of genetic counseling as a preventive measure for genetic diseases in order to form a harmonious family. This study uses library research methods with content analysis techniques. The findings of this study are that genetic counseling is a process of communicating genetic disease problems so that they are conveyed properly to a family. The aim is to provide an understanding of the causes of genetic disease, how to reduce risk in the family, and the selection of optimal actions to overcome the disease. Genetic counseling is very important before marriage and can be part of premarital counseling. This is done so that the offspring produced later, are born in good and quality conditions in order to achieve a harmonious family.*

**Keyword: Genetic Counseling, Harmonious Family**

# **The Influenced Factors of Gratitude: A Systematic Review**

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## **Nina Fitriyani**

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*Humans as social beings are always faced with various problems in their daily life. If the individual is not able to manage the existing problems, it has the potential to create psychological pressure and in the long run to the level of depression. Gratitude is a coping mechanism that forms positive attributions and has been shown to prevent stress and depression. This study aims to describe the factors that can affect a person's gratitude. This study uses a systematic review method. The findings of this study are factors that influence gratitude, including the meaning of life, subjective well-being, resilience, spiritual well-being, and happiness.*

**Keywords:** *Gratitude, stress, systematic review, well-being*

# **Pelaksanaan Bimbingan Keagamaan Islam Untuk Membentuk Ketenangan Jiwa Para Lansia di Majelis Taklim Lestari di Desa Pesantren**

**ANI Masruroh,**

*IAIN Pekalongan, Indonesia*

**Khaerunisa tri darmaningrum,**

*IAIN Pekalongan, Indonesia*

**Nimas Tri Nugroni**

*IAIN Pekalongan, Indonesia*

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*The elderly who have some problems with themselves so they need Islamic religious guidance to form peace in their souls. This study uses a descriptive qualitative method. Data collection techniques using interviews, observation, and documentation. Primary data sources are usually obtained directly by the author, the primary data sources in this study are the elderly, totaling 12 people, Mrs. Muriyah and the Management. Secondary data sources are sources obtained from journals, theses, the internet, photos, literature review books that still have a relationship with the problem formulation, the surrounding community or sources that can provide information to the author. The implementation of Islamic religious guidance in the Lestari Taklim Council is by doing dhikr first or reading solawat nariyah together, then the supervisor provides material, in the Lestari Taklim Council there are 3 materials that can form peace of mind such as, aqidah, shari'ah, morals. The condition of the elderly before and after being given guidance at the Lestari Taklim Council, from the results of interviews that have been carried out by researchers, the congregation who previously had not been able to cultivate calm in their souls, such as restlessness, praying carelessly,*



*difficulty sleeping and others, slowly began to be able to cultivate calm in his soul, by means of dhikr, praying on time, reading the Koran and others.*

**Keywords: Islamic religious guidance, the elderly, peace of mind**

# **DEVELOPMENT OF META-COGNITIVE STRATEGY E-MODULE TO IMPROVE SELF-REGULATED LEARNING OF JUNIOR HIGH SCHOOL STUDENTS in SOUTH CILACAP DISTRICT**

**Farikhah Yuniarti**

*Yogyakarta state university*

**Hairun Nisa Sagala**

*Gajah Mada univeristy*

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*This study aims to (1) produce a metacognitive strategy e-module that can improve the self-regulated learning of junior high school students, (2) examine the effectiveness of using e-module metacognitive strategy module to improve self-regulated learning of junior high school students. This research was conducted in class VIII SMP. This research is a Research and Development (R&D) research. It uses the ADDIE development model, which consists of five stages: analysis, design, development, implementation, and evaluation. This study involved 40 students of class VIII and 7 Guidance and Counseling teachers. The results of the study show: (1) The developed e-module is classified as "Very Appropriate" to be used as a supporting media to improve self-regulated learning for junior high school students based on the results of assessments from media experts and material experts. Based on the assessment of the material expert, it is in the very appropriate category with a score of 90.28, and the assessment of the media expert is in the very appropriate category with a score of 80.56. (2) The e-module used is quite effective as a media to support learning activities based on the measurement of self-regulated learning of junior high school students with the results of the Pretest and Posttest showing an increase in self-regulated learning for junior high school students, obtaining an N-Gain Score of 0.40 which is included in the medium category and N-Gain Percentage 40.00. Based on the categorization of the analysis results using a gain score and N-Gain percentage, it is*

*included in the medium category. It is pretty effective in increasing self-regulated learning for junior high school students. This research concludes that the metacognitive strategy e-module is feasible and effective enough to improve the self-regulated learning of junior high school students.*

**Keywords : E-modul,Self Regulated Learning**

## **Da'wah Innovation with an Islamic Behavioral Approach for Elderly at RPSBM**

**Khaerunnisa Tri Darmaningrum**

*Faculty of Ushuluddin, Adab and Da'wah IAIN Pekalongan, Indonesia*

**Nimas Tri Nugrahani**

*Faculty of Ushuluddin, Adab and Da'wah IAIN Pekalongan, Indonesia*

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*In old age, humans experience various decreases in activity and effectiveness of life because after a person enters this old age he will experience various declines in physical and psychological terms. These changes in psychological symptoms also affect various psychological aspects, which can be seen from the behavior patterns they display. Feeling unappreciated, removed from their family and a burden for the lives of their children and grandchildren is a psychological factor that is often experienced by the elderly who are in RPSBM Pekalongan. Based on the background of the problem, this study aims to determine the innovation of da'wah with an Islamic behavioral approach carried out by spiritual mentors at RPSBM Pekalongan to be able to bring the elderly closer to their Creator so that they feel more valuable. The research method was carried out with a descriptive qualitative approach with data collection through direct interviews with spiritual mentors, other administrators and several elderly people in the research location. Data collection is also done by observation and documentation. Based on the results of this study, it can be seen that the tendency of the elderly to feel useless in their lives is due to a lack of closeness to the Creator. For this reason, innovation is needed in providing da'wah to the elderly so that they feel more valued. The choice of the Islamic behavioral approach is because this approach is easier to get used to worship activities aimed at the elderly. By habituation of religious activities they become more sincere and happy to live their lives in old age.*

**Keywords: Da'wah innovation, Islamic behavioral approach**

## **CYBER COUNSELING: SEBUAH SOLUSI LAYANAN KONSELING DITENGAH PANDEMI COVID-19**

**Linda Meilisa Devi**

*KH Achmad Siddiq State Islamic University, Jember, Indonesia*

**Nadiva Afni Azizah**

*KH Achmad Siddiq State Islamic University, Jember, Indonesia*

**Suryadi MA.**

*KH Achmad Siddiq State Islamic University, Jember, Indonesia*

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*Information and communication technology has developed rapidly in the era of globalization. Media and online sites are often used as tools to carry out a job, especially in the era of the covid-19 pandemic. During the pandemic, psychological complaints are increasing, so this cyber counseling service can be a solution related to these psychological problems. Cyber counseling uses virtual media such as chat, video conferencing, websites, and applications to carry out the counseling process. This study was conducted to determine the use of cyber counseling in the midst of the covid-19 pandemic, as well as the media used. The method used in this research is library research. The results show that this cyber counseling service can reduce a person's psychological problems so as to minimize crime.*

**Keyword: Cyber Counseling, Covid-19**

# **Komunikasi Terapeutik dalam Pendekatan *Mindfulness Based Stress Reduction (MBSR)* di Rumah Sakit**

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Profesor Kiai Haji Saifuddin Zuhri, Purwokerto, Indonesia*

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*Stress is conceptualized as a relationship between a person and the environment that the person perceives as taxing or exceeding resources and endangering his or her mental well-being. This is because the patient tries to adapt to the new environment, namely the hospital so that the condition becomes a stressor for the patient. Recently, therapeutic communication has been adopted especially in the practice of communication between spiritual directors and patients in improving the mental state of patients. In this case, the MBSR approach can be used to deal with patients who experience stress while in the hospital. This research is based on qualitative with a focus on the method of literature study. In the MBSR intervention, therapeutic communication which is intended in this case to help patients involves interpersonal communication between patients and Spiritual Guides to help reduce patient stress. With this approach, the patient will feel valued, accepted, and directed by the supervisor while in the hospital. This will have an impact on the patient's open attitude to express his feelings and thoughts so that the emotional burden and tension he feels can be reduced. Therefore, it can be concluded that therapeutic communication with the MBSR approach aims to help patients reduce the burden on patients' feelings and thoughts during the hospital treatment process.*

**Keywords : Therapeutic Communication, Mindfulness Base stress,  
Recution, Hospital**

# **PENGARUH TEKNIK FLOODING UNTUK MEMINIMALISASI KECEMASAN SISWA DALAM MENYAMPAIKAN PENDAPAT DI DEPAN UMUM (Studi Eksperimen pada Siswa-siswi Kelas X MAN 3 Sleman)**

**Angga Febriyanto**

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*Basically every activity carried out by humans has a tendency to anxiety. Anxiety is usually reflected through words in the form of complaints and shows a pessimistic and unclear attitude in conveying the content of the message to be conveyed. This study was designed in the form of quantitative research, using the experimental method of one group pretest-posttest design and took place at MAN 3 Sleman. The data collection method used is by using a questionnaire, observation, and interviews. Meanwhile, for the data analysis process, paired samples t-test analysis was used or paired sample test. The results showed; obtained a mean value of 110.00 for before giving flooding or pretest and 204.27 for after giving flooding or posttest, the increase in the mean value indicates the effect of flooding techniques to minimize students' social anxiety in expressing opinions in public and shows a significance value of 0.000, which is 0.000 is smaller than 0.05 ( $0.000 < 0.05$ ), which means that the hypothesis is accepted with a significance value criterion of  $< 0.05$ , so the hypothesis is accepted ( $H_0$  is rejected). Thus it can be concluded that "There is an effect of giving treatment using flooding techniques to minimize students' social anxiety in expressing opinions in public"*

**Keywords: Anxiety, flooding technique**

## **LAYANAN KONSELING KELOMPOK TEKNIK BEHAVIORISTIK PADA KORBAN MALTREATMENT MENGGUNAKAN ASSERTIVE TRAINING**

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*The existence of maltreatment that is increasingly prevalent in the community, requires a counselors/guidance and counseling teachers to find alternatives to overcome these problems. In this study, the aim of the researcher is to provide an understanding of persecution and group counseling services that can be implemented and provided to counselee. This assertive therapy counseling service seeks to solve problems in strengthening and maintaining the desired behavior as well as solving problems where individuals have difficulty accepting the fact that asserting or asserting oneself is a proper or correct action. This research is a library research with documentation method as a data collection method. From various sources that have been researched, it was found that assertive training was able to provide an influence in the form of a more appropriate and appropriate attitude to be displayed by someone, without leaning towards passiveness and aggressiveness.*

**Keywords: Maltreatment, Assertive therapy, Passivennes**



# **PENDIDIKAN KARAKTER MELALUI LAYANAN BIMBINGAN DAN KONSELING PADA SISWA SEKOLAH MENENGAH PERTAMA**

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*Education has a goal to educate and form good morals in students. However, more and more we see delinquency committed by students in schools from small to large, there have even been cases of students fighting teachers and committing violence. So why can this happen? As if contrary to the purpose of education. Researchers have a hypothesis that educational institutions currently only prioritize the cognitive side, while the affective side or character education is less concerned. The purpose of this study was to determine the students' characters and character education through counseling and guidance services. While the research method is descriptive-qualitative with the subject of students of SMP Negeri 1 Gegesik class VII B and VIII D. Collecting data using google forms and interviews. The result is that there are several student characters, namely arriving late, cheating on exams, littering, bullying, joining brawls and trying illegal drugs. Character education through counseling guidance services in the form of classical guidance, group guidance, individual counseling, group counseling and is supported by several school programs.*

**Keyword: Pendidikan Karakter, Bimbingan dan Konseling, Siswa**

## **KONSELING SOLUTION FOCUSED BRIEF THERAPY BERBASIS NILAI-NILAI FILOSOFIS MASYARAKAT**

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*The purpose of this research is to find out whether there are philosophical values of Javanese society that are integrated with the SFBT theory. The research method used is a literature study in the form of journal articles with the keyword solution focused brief therapy (SFBT) approach and philosophical values of Javanese society. The results found several Javanese philosophical values integrated with SFBT, namely "Suro Diro Jayanigrat Lebur Dening Pangastuti", "Alon-Alon Waton Lateron", "Aja Gumunan, Aja Getunan, Aja Kagetan, Aja Aleman", "Ngunduh Wohing Pakarti", and "Nrimo ing Pandum, Makaryo ing Nyoto". These five values are in line with the basic assumption of SFBT that every human being has a negative and positive side, a small change in the beginning of the creation of big changes, the understanding that there are exceptions to problems that are difficult to solve, the importance of self-assessment and accepting attitudes whatever happens because the human task is only to be able to strive and then rely. In addition, there are stages of counseling based on the philosophical values of Javanese society..*

**Keywords: Solution Focused Brief Therapy, nilai-nilai filosofis Jawa**

# **Keterampilan Vokasional sebagai Upaya Peningkatan Kemandirian Anak Berkebutuhan Khusus Di SMPLB-BCD YPAC JEMBER**

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*Children with special needs require specialized activities and services in order to attain their full potential because their growth and development differs from that of typical children. They. One of the goals of SMPLB – BCD YPAC JEMBER, which is located in Jalan Imam Bonjol 42 Kaliwates Jember, is to develop independent crew members. The independence of crew members can be developed by giving practical skills, such as fashion and culinary arts at YPAC Jember. This activity seeks to teach skills to students with special needs so that they can be self-sufficient after leaving the foundation, for example by starting their own business. The goal of this study is to see how vocational skills can help children with exceptional needs at SMPLB-BCD YPAC Jember become more independent. This research employs a descriptive qualitative technique. SMPLB-BCD YPAC Jember is the research site. Six people were involved in the study: two accompanying tutors, one principal, two mentally challenged pupils, and one deaf student. Interviews, observation, and documentation are all used to obtain data. There are several key supporting factors in the deployment of these occupational skills. The infrastructure of SMPLB-BCD YPAC Jember in supporting vocational skills is acceptable, which supports this activity. Furthermore, all accompanying teachers and school principals enthusiastically support the training's implementation*

**Keywords : Children with special needs independence vocational skills**

# **Pendekatan Logotherapy : Konseling Individual Dalam Meningkatkan Makna Hidup Pada Warga Binaan Pemasyarakatan Di Lapas Kelas IIB Probolinggo**

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*Life as a prisoner is a significant type of life, a person who faces that life has no choice in acknowledging the situation he is in. In general, if someone is in detention, they must feel worried, hopeless, anxious, miserable, from this it can be concluded that they are crossing doubts in their lives. The incident experienced by law violators was initially a person entered in a Correctional Institution (LAPAS) but in the long term they were able to adjust to their situation and even accept the situation and the mistakes they had made. So the author provides individual counseling with a logotherapy approach which aims to increase the meaning of life for the inmates at the Class IIB Probolinggo prison. Logotherapy is a theoretical approach from Frankl, namely by understanding the meaning of life (the meaning of life) and the desire for a meaningful life (the will of meaning a main motivation to achieve a meaningful life). The research method used in this study uses the method qualitative research through a descriptive approach by collecting information about the conditions and situations at the time the research was carried out. The results of the research at the Class IIB Probolinggo Correctional Institution (LAPAS) which contained individual counseling in increasing the meaning of life of inmates in prison using a logotherapy approach, the researchers found 2 inmates who caught in the same case, namely drugs with different backgrounds in meaning of life, two inmates who have the same case but have different meanings of life so that they cannot find a way how to interpret life. real dup. Living with limited mobility makes them feel like they don't have the energy to live life. According to a source from an interview*

*with Mrs. Rinda as an employee at the Probolinggo Correctional Institution on duty at the BAPAS Post, she said that most of the inmates have not been able to accept the conditions they face, are still experiencing mental shock, they feel helpless to face life in a correctional institution, feel guilty, blame live, have a negative view of the future, and are unable to explore the true meaning of life when they have to serve a sentence in a correctional institution, they feel constrained because they are far from the love of those closest to them.*

***Keywords : Individual Counseling, Logotherapy, Meaning of Life.***

# **Music Therapy to Reduce Stress During the Covid 19 Pandemic**

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In this pandemic period, there are a lot of activities carried out online which make some people feel stressed because of the lack of outside activities. Music is a branch of art and a universal need in society and has the most enthusiasts so that the existence of music never fades in the midst of the times. This study uses a qualitative method with a descriptive approach that refers to several existing journals. This writing aims to develop the use of music in reducing stress during the pandemic.

**Keywords: Music, therapy, counseling**

# **POST TRAUMATIC STRESS DISORDER: TRAUMA HEALING DAN EDUKASI ANAK PASCA BENCANA ERUPSI GUNUNG SEMERU LUMAJANG**

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Traumatic events can happen to anyone, if someone suddenly experiences an event that can traumatize him when another person experiences, witnesses, threats of death or serious injury, feelings of helplessness. Natural disasters are one of the causes of trauma, such as the eruption of Mount Semeru, Lumajang Regency on December 4, 2021. This community service activity is carried out in the form of trauma healing and education for children. In this case, the intended target is refugee children affected by the eruption of Mount

Semeru, this activity has been carried out from 6 to 8 December 2021 at the post of each Candipuro District. The media used is "play", because we think this media is the most suitable to be applied to children. Play is a way that children use to solve problems. Such as Post Traumatic Stress Disorder caused by the natural disaster event of the eruption of Mount Semeru. Children are considered more prone to PTSD because they lack the ability to deal with danger compared to their parents. During the implementation of trauma healing and education, the children at the refugee camps responded positively and enthusiastically. They can release traumatic feelings through play so they can assimilate these negative emotions.

**Keywords: Trauma Healing, Game, Eruption**



# **Development of the Youth Counseling Information Center (PIK-R Bemaster) as a Guidance Service for Islamic Counseling Groups at Sma Negeri 1 Besuki**

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*This study aims to; 1.) Knowing the development of the PIK-R BEMASTER work program as a medium for information services and counseling guidance for Islamic groups. 2.) The role of PIK-R BEMASTER as a medium for information services and counseling guidance for Islamic groups. 3.) Knowing the effectiveness of PIK-R BEMASTER for students at school. This data analysis used qualitative research methods using observations, descriptions, and interviews. The results showed; 1.) PIK-R BEMASTER makes efforts to develop work programs while still utilizing technological developments, namely social media as education. 2.) PIK-R BEMASTER plays an important role in providing information and counseling services for Islamic groups to assist schools and BK teachers in solving various adolescent problems. 3.) The existence of PIK-R BEMASTER is very effective in the delivery of information and counseling guidance for Islamic groups at SMA NEGERI 1 BESUKI which is supported by work programs and other supporting activity innovation*

**Keyword : Guidance Service, Islamic Counseling.**

## ***Rational Emotive Behavior Therapy Untuk Meningkatan Self Awareness Bagi Para Pengemis.***

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*This study aims to find out and describe the role of Islamic counseling using the concept of rational emotive behavior therapy as an effort to increase self-awareness for beggars. This research uses a qualitative approach with library research methods. The results of this study show that the influence of rational emotive behavior therapy becomes one of the methods that focus on helping beggars to turn irrational thinking into rational. While islamic counseling is more about deepening the belief in accordance with the provisions of Allah SWT which is guided by the Quran and Sunah.*

**Keywords: Rational Emotive, Behavior Therapy, Self Awareness**

# **Konseling Islami Melalui Tahlilan untuk Mengatasi Ketidaksiplinan Shalat Anak di Desa Landungsari**

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*Tulisan ini bermaksud mengetahui implementasi tradisi tahlilan sebagai salah satu teknik dalam konseling Islami untuk mengatasi ketidaksiplinan beribadah shalat pada anak-anak di desa Landungsari Kota Pekalongan. Tradisi tahlilan berisikan serangkaian kegiatan yang di dalamnya dibacakan bacaan-bacaan dzikir dan bacaan Al Qur'an diikuti dengan kegiatan ceramah keagamaan. Kontroversial tradisi tahlilan sebagai bentuk bid'ah, justru di dalamnya mengandung banyak kegiatan positif, dan bernilai islami. Maka pengklaiman bid'ah terhadap tradisi tahlilan perlu dilakukan peninjauan kembali. Di antara nilai positif dari tradisi tahlilan ini adalah selain pembiasaan membaca dzikir dan ayat suci Al Qur'an, ternyata juga bisa menjadi salah satu teknik dalam mengatasi ketidaksiplinan beribadah shalat pada anak di desa Landungsari, Khususnya di RT 03 RW 013 kec. Pekalongan Timur Kota Pekalongan. Penelitian yang dilakukan merupakan jenis penelitian deskriptif kualitatif dengan teknik pengambilan data melalui wawancara, observasi dan dokumentasi. Hasil penelitian terbukti tradisi tahlilan mampu mengatasi ketidaksiplinan beribadah shalat anak di desa Landungsari Kota Pekalongan.*

**Keywords : Tradisi tahlilan Ketidaksiplinan beribadah shalat  
Konseling Islam**

## **Bimbingan Kelompok Dengan Menggunakan Teknik Diskusi Dalam Mengurangi Rasa Canggung Mahasiswa Tunanetra (studi kasus dua mahasiswa Bimbingan dan Konseling Islam UIN Sunan Kalijaga Yogyakarta)**

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*God created his creatures with their own advantages and disadvantages. Various kinds of things are the entire universe and its contents consist of living beings and nonliving beings. Man as one of the living beings that Allah Almighty. Created with various forms and properties. Visually impaired is a human who has abnormalities or disabilities in the sense of vision (eyes) so that it requires special facilities in communicating and interacting. Group guidance is one form of effort to facilitate visually impaired people to help interact in their social environment so that visually impaired people do not feel awkward. One of the*

*techniques in group guidance used to facilitate these visually impaired people is discussion. Then this study will review the role of group guidance with discussion techniques to reduce the awkwardness of the visually impaired when they need help. This research is qualitative research using literature research methods. From this study, it was found that group guidance with discussion techniques can reduce the awkwardness of the visually impaired by applying in a warm, relaxed and mutual appreciation atmosphere.*

**Keywords : Teknik Diskusi, Canggung, Tunanetra**

# **Pola Interaksi Sosial Dalam Penyesuaian Diri Anak Tunanetra Di SLB Negeri Jember**

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Allah SWT. created humans as the most noble creatures on earth. Humans are created as social beings, and social beings cannot live alone and need each other. Social interaction is an activity that occurs when individuals or groups of people interact with each other. There are two models of social interaction, association and dissociation. Blind children have limited vision. Blind children lack satisfying social interactions or limited social interactions. The focus of the problems studied in this study are 1) What is the pattern of social interaction in the adjustment of blind children at SLB Negeri Jember? 2) What are the factors that influence social interaction in the adjustment of blind children at SLB Negeri Jember? This study concludes that 1) the social interaction model that adapts blind children at SLB Negeri Jember is associated. 2) the factors that influence the interaction of blind children in adapting to SLB Negeri Jember are the inability to control emotions, dependence on the people around them, and the parents' assumption that their children cannot be independent.

**Keywords: Pattern of Social Interaction, adjustment, blind**

## **Bimbingan Karir untuk Membangun Motivasi dalam Melanjutkan Pendidikan Tinggi bagi Penyandang Disabilitas**

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*Education is a basic human need, to uphold human civilization itself. All humans have the right and obligation to feel the name of education. However, it has not been implemented properly. In reality, the understanding of persons with disabilities still tends to be negative. This negative understanding is because society generally defines and treats persons with disabilities based on a mindset that is dominated by the concept of normality. Of course, this has a negative impact on people with disabilities. They will feel less confident and do not deserve higher education. Lack of motivation to continue their education is the cause of their decreased interest in continuing education. This shows the need for career guidance efforts to build motivation and increase self-confidence that everyone deserves to receive any high education*

**Keyword : career guidance, motivation, Persons with disabilities**

# **PENGARUH REHABILITASI UNTUK MENGATASI GANGGUAN KEPRIBADIAN DEPENDEN**

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*Mental health is something that is so vulnerable and essential to the survival of an individual's life. Especially in today's life, it is vulnerable for individuals to experience mental illness, one of which is a personality disorder. To find out the obstacles experienced by individuals in terms of excessive dependence on other individuals (dependent), as well as train or provide prevention by knowing what factors influence the occurrence of complex dependent personality disorder.*

*This study uses a qualitative explanation by using library research methods (library research). The main sources are articles or journals and the supporting sources are articles that discuss the concept of rehabilitation to overcome dependent personality disorder. The main results of this study were: Effective COP in a naturalistic context for the treatment of dependent personality disorder (DPD) during the work phase, improved quality of therapeutic interactions and changes in session behavior predicted a decrease in dependency problems in DPD, but did not change the patient's session behavior.*

**Keyword : Rehabilitation, Personality Disorder, Dependent**



# PERAN LAYANAN KONSELING BAGI KORBAN PELECEHAN SEKSUAL

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*Indonesia as a country with a dense population does not rule out the possibility of sexual harassment involving women and children as the majority of the victims, although it is not uncommon for men to become victims in these cases. These cases can of course have a negative impact on the physical and psychological conditions of the victims. It is the duty of a counselor to help victims recover from the trauma they have experienced. Efforts to provide counseling services carried out by counselors have a role to help victims relieve their wounds. With their skills and expertise, they can help victims by providing consultation services and using various techniques in an effort to heal their mental wounds. By collecting data from various research journals and existing websites, we try to analyze the roles of counseling services for victims of sexual harassment and the techniques used. Sexual harassment is indeed an event that no one wants to experience, but its bad effects can be reversed with certain techniques and methods, which of course are carried out by experts.*

**Keywords: Layanan Konseling, Korban Pelecehan**

# PERAN KONSELOR DALAM MEWUJUDKAN PENDIDIKAN BERKUALITAS MENUJU SDGS 2030

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**Kharisma Laila Ramadani**

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*This research focuses on guidance and counseling to achieve the SDGs through counselor counseling strategies as educators. The purpose of this study is to find out: (1) the quality of education in Indonesia (2) the quality picture of counselors in Indonesia (3) the participation of the role of counselors in realizing quality education towards the SDGs 2030. The methods used in this research are methods of theoretical and literature studies. The results of the study can be concluded that guidance and counseling can help individuals to develop their abilities and make the best decisions in their environment so that individuals can make a good contribution to the development of the country, including in the field of education (Goal No. 4) of the Sustainable Development Goals (SDGs) in 2015 in the upcoming 2030 development agenda.*

**Keyword: SDGS**

# **Rehabilitasi Sosial dengan Metode Spiritual bagi Penyandang Disabilitas Mental**

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Social rehabilitation for people with disabilities is the responsibility of the Ministry of Social Affairs which is intended to restore and develop the abilities for experiencing social dysfunction so that they can carry out their social functions properly. This paper aims to describe the implementation of social rehabilitation activities with spiritual methods for people with mental disabilities. The data obtained through the results of the literature study on secondary data. This research is a type of literature review research by emphasizing a comprehensive and integrative qualitative approach.

**Keywords:** Mental disability, social rehabilitation, spiritual method

# **Implementasi Nilai-Nilai Kebudayaan dalam Praktik Bimbingan dan Konseling di Indonesia**

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Indonesia is a country that has a variety of cultures. The implementation of cultural values in the practice of guidance and counseling in Indonesia is important because humans and culture are a unified whole. The purpose of this study was to identify and describe the implementation of cultural values in the practice of guidance and counseling in Indonesia. The method used in this research is a literature review. The results of this study indicate that there are Indonesian cultural values that can be implemented into the practice of guidance and counseling. These cultural values are interpreted and analyzed so that they can be implemented in guidance and counseling services. There are several community groups whose cultural values have been implemented, such as the cultural values of the Bangka Malay people, the cultural values of the Javanese people, the cultural values of the Sasak people, the cultural values of the people of South Kalimantan, and the cultural values of the people of West Kalimantan.

**Keyword** : *culture value, guidance and counseling*

## **Self-Healing Therapy Untuk Mengatasi Kecemasan**

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*Self-healing is a method of healing disease not with medicine, but by healing and releasing the feelings and emotions that are hidden in the body. This library research is used to develop the concept of Self-Healing Therapy to Overcome Anxiety. (The assessment method used is a literature study with data sources in the form of scientific journals that have been published with similar topics or problems, which aims to find out the easiest and most effective self-healing method to do when experiencing anxiety. Anxiety is a feeling of worry and fear that is intense, excessive, and continuous in relation to everyday situations. Generally, anxiety arises because of a stressful situation. Based on the results of research conducted, one of the effective treatment efforts carried out in this study is to do Self Therapy Healing to reduce and treat one's anxiety. In practice, the effort to handle self-healing is one of the treatment processes that is called natural because basically humans are be to heal themselves in certain simple ways. Some self-healing techniques that can be done to overcome anxiety are Relaxation techniques and Guided Imagery.*

*Both of these techniques can be done easily when in a state of anxiety so that anxiety can be reduced and self-control can be maintained.*

**Keyword : Self-healing,Anxiety**

# **DUKUNGAN SOSIAL KELUARGA TERHADAP KEPERCAYAAN DIRI TUNARUNGU**

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Someone who is born with extraordinary features, generally has a different pattern of life. They have limitations in their hearing function so that it affects them to undergo the development process like people in general. The limitation of hearing function that occurs in a person is called deafness (deaf). In his life, a deaf person may face obstacles in social and emotional processes which will have an impact on the process of interaction in his social sphere. So that in living his life social support from the family is a very big influence on the self-confidence of a deaf person. The purpose of this study was to find out how the form and influence of social support provided by the family on the self-confidence of deaf individuals. The research method used is a qualitative study of literature review in late teens. From this study, it was found that there are several forms of social support that need to be applied by families which can be in the form of appreciation, enthusiasm as a positive encouragement which indeed has a major impact on the self-confidence of deaf individuals.

**Keywords: Social support, confidence, deaf**

## **PENGARUH TEKNIK FLOODING UNTUK MEMINIMALISASI KECEMASAN SISWA DALAM MENYAMPAIKAN PENDAPAT DI DEPAN UMUM (Studi Eksperimen pada Siswa-siswi Kelas X MAN 3 Sleman)**

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*Basically every activity carried out by humans has a tendency to occur anxiety. Anxiety is usually reflected through words in the form of complaints and shows a pessimistic and unclear attitude in conveying the contents of the message to be conveyed. The study was designed in the form of quantitative research, using the one group pretest-posttest design experimental method and took place at MAN 3 Sleman. The data collection method used is to use questionnaires, observations, and interviews. As for the data analysis process used paired samples t-test analysis or paired sample tests. The results of the study showed; Obtained a mean value of 110.00 for before the granting of flooding or pretest and 204.27 for after the granting of flooding or posttest, the increase in mean value indicates the effect of flooding techniques to minimize social anxiety of students in expressing opinions in public and shows a value of significance of 0,000, which is 0,000 less than 0.05 ( $0,000 < 0.05$ ) which means the hypothesis is accepted with the significance value criteria of  $< 0.05$  then the hypothesis accepted ( $H_0$  rejected). That way it can be concluded that "The effect of giving treatment uses flooding techniques to minimize the social anxiety of students in expressing opinions in public".*

**Keywords: Kecemasan, Teknik flooding**



## **FENOMENA BULLYING DI MADRASAH (STUDI PADA MAN 3 SLEMAN)**

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This research is motivated by the rampant phenomenon of bullying in Madrasah. The study aims to find out how bullying impacts adolescent behavior, and how to address the impact of bullying in madrasa environments. The results showed that the impact of bullying on the victim's behavior caused physical harm to the victim, and bullying can also damage psychological health for the victim, such as low self-esteem, anxiety depression, being distrustful of others, self-concept being negative, declining ability to socialize and adapt, psychosomatic and refusing to go to school. Madrasah's way to address the impact of bullying in schools is to change the way they educate and treat students, build an active communication network with parents, provide an understanding of bullying, declare an anti-bullying campaign and establish a bullying center.

**Keywords: Fenomena, Bullying, Madrasah**

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