



## Islamic Counseling as a Pedagogical Strategy for Adolescent Character Development in Globalized Education

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### ABSTRACT

This research discusses Islamic counseling guidelines as an effort to build adolescent character amidst the challenges of globalization, with a focus on its implementation at SMK N 1 Panyabungan. Globalization has a major influence on the values and behavior of teenagers, which often conflict with Islamic values. Islamic counseling exists as a solution to help teenagers develop positive character based on religious values. This approach involves spiritual methods, moral education, and the formation of self-awareness through Islamic teachings, such as prayer, dhikr, and understanding the Koran. This research uses a qualitative approach by collecting data through interviews, observation and literature study. The results of the research show that Islamic counseling is effective in increasing students' spiritual and moral awareness, so that they can form the character of teenagers who are tough, independent and have integrity during globalization. This article concludes that Islamic counseling guidelines can be a strategic tool in character education for adolescents in the school environment.

**Keywords:** *Islamic Counseling; Adolescent Character Development; Globalization Challenges*

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### INTRODUCTION

Adolescence is a transition period from childhood to adulthood. During adolescence, many changes occur in a person, including psychological, physiological and biological changes (Mastorci et al., 2024). Adolescence is often referred to as a time of searching for identity, so that they look for the lifestyle that suits them best and this is often done through trial and error methods even though it involves many mistakes (Larasati, 2017). Mistakes made often cause worry and unpleasant feelings for the environment, especially their parents (Zainal et al., 2022). Mistakes made by teenagers will only please their peers. This is because they are all still in the process of finding their identity.

This research aims to formulate effective Islamic counseling guidelines to build and strengthen adolescent character based on religious values. Analyzing the application of Islamic counseling methods in the school environment as a strategy in forming a young generation who is strong, has integrity and has noble character amidst the challenges of globalization. Assessing the impact of implementing Islamic counseling on changes in attitudes, behavior and positive values in students at SMK Negeri 1 Panyabungan. SMK N 1 Panyabungan has a religious program that is already running, but still needs development to face the challenges of globalization. This research can contribute directly to providing practical guidance that suits school needs.

The flow of globalization development has given birth to a *gadget generation*, this term is used to mark the emergence of the millennial generation (Mareta et al., 2023). *Gadgets* are actually more appropriately interpreted as technological equipment, so that people's lives always intersect with elements of information technology (Verhoef et al., 2021). So, it's as if these various devices have become an inseparable part of their lives. In the era of globalization marked by the rapid development of information and communication technology, teenagers are faced with various complex and diverse challenges. Unlimited flow of information, changes in social values, and the influence of foreign cultures often affect the character and behavior of teenagers. In this context, the role of Islamic counseling guidance becomes very important in shaping and building the character of strong and noble teenagers (Affandi et al., 2024).

Islamic counseling guidance, which is based on Islamic religious values and ethics, offers a holistic approach to help teenagers face life's challenges (Mukminin, 2024). Through this guidance, teenagers can gain a better understanding of themselves, develop positive potential, and build attitudes and behaviors that are in accordance with Islamic teachings (Tsoraya et al., 2022). In addition, Islamic counseling guidance also helps teenagers navigate their social lives, strengthen relationships with family, and overcome emotional and psychological problems that may arise (Pahlevi & Hafidz, 2024). During the rapid flow of globalization, the role of Islamic counseling guidance is becoming increasingly relevant and urgent. This guidance not only functions as a means of prevention against the negative effects of globalization, but also as a proactive effort in forming the character of teenagers who are independent, have integrity, and have high spiritual intelligence (Hutabarat, 2023). Thus, teenagers are not only able to survive, but also contribute positively to a dynamic global society.

The Importance of Character Education in a Vocational School Environment as a vocational high school, SMK N 1 Panyabungan prepares students to immediately enter the world of work. Character education based on Islamic values is very important to form a generation that not only has skills, but also has integrity and high morals. This study will examine the role of Islamic counseling guidance in building adolescent character during globalization. Through a qualitative approach, this study is expected to provide a deep understanding of how Islamic counseling guidance can be an effective solution in facing the challenges faced by adolescents today, as well as how its implementation can be carried out optimally in various environments, both family, school, and society.

The reason for choosing SMK N 1 Panyabungan as a research location is because diverse Student Characteristics SMK N 1 Panyabungan has students with diverse cultural, social and economic backgrounds, so it can provide a comprehensive picture of the influence of globalization on the character formation of teenagers.

## LITERATURE REVIEW

### *Integrating Islamic Values in Counseling for Character Development*

Islamic counseling guidance plays an important role in shaping the character of adolescents by instilling core Islamic values such as integrity, self-discipline, empathy, and responsibility (Rozi et al., 2024). Contemporary theories focus on understanding how Islamic moral and ethical teachings can be integrated into a counseling framework to help adolescents develop into well-rounded individuals (Mursidin, 2023). This approach integrates psychological principles with spiritual elements derived from Islamic teachings. The Islamic Psycho-Spiritual Approach also emphasizes the importance of spiritual guidance in addressing mental health challenges and behavioral problems, with a focus on adolescents' relationship with their faith and the adoption of virtues that contribute to the formation of strong character (Haris, 2022). This approach not only addresses the emotional and cognitive aspects of adolescents, but also their spiritual growth (Jatmiko et al., 2024). The spiritual dimension is considered very important for overcoming personal problems, especially in the context of the modern world.

### *Character Education through an Islamic Framework*

Character education through Islamic principles, which guides adolescents to focus on improving their personal ethics and behavior. Counseling within this framework focuses on helping adolescents to embrace values such as honesty, humility, and responsibility through the teachings of the Qur'an and Hadith. Building Islamic character through faith assumes that faith and deeds are interconnected in shaping character (Rosyada et al., 2022). Teenagers are encouraged to reflect on their actions in light of Islamic teachings, which encourage accountability, self-improvement, and a positive outlook on the future (Ikhrum et al., 2023).

Islamic counseling guidance helps adolescents manage their behavioral challenges by integrating the concepts of repentance (Tawbah) and moral reflection. Contemporary theories explore how these concepts can be applied to guide behavioral change, particularly in troubled adolescents. The integration of Islamic rituals as a tool for emotional and behavioral regulation is considered an effective way to guide adolescents toward positive behavior. This transformation is rooted in developing a deep relationship with Allah and implementing Islamic values in everyday life (Latif et al, 2024).

## METHOD

This study adopted a qualitative approach to present data derived from interviews and field observations, aiming to obtain in-depth and meaningful insights. A descriptive research method was employed to gather and expose information systematically, factually, and accurately, in line with real-world conditions and the characteristics of the population under study (Nurdin, 2019). The research was conducted as field research, relying on primary data collected through interviews with informants and observations of teachers and students at SMKN 1 Panyabungan. Secondary data were obtained from relevant references, including books, journals, and theses, aligned with the research objectives.

Data collection techniques included semi-structured interviews with teachers and students, field observations of counseling sessions and daily activities, and direct service interactions at SMKN 1 Panyabungan. Additional documentation, such as the school's organizational profile, legal entity decrees, and records of programs and activities, further enriched the data and provided contextual depth for the study.

## RESULT AND DISCUSSION

Guidance and counseling have been the same thing, but in fact guidance and counseling have different meanings. In terms of language, guidance comes from the word "*guidance*" which comes from the root word "*guid*" which means to direct, guide, manage and steer. In addition, "*guidance*" also has a relationship with "*guiding*" which means to show the way, lead, guide, give instructions, organize, direct and give advice (Lubis, 2021). Guidance is assistance or help given to an individual or group of individuals in avoiding or overcoming difficulties in their lives so that the individual or group of individuals can achieve their welfare (Baidi, 2014). So, it can be concluded that guidance is the process of aiding an individual or group of individuals with the aim that the individual can understand themselves and can adapt to their surroundings, so that later the individual can overcome various problems or difficulties that will be faced.

Student Participation in Islamic Counseling Seminar From a total of 300 students at SMK N 1 Panyabungan, 120 students (84%) actively participated in the Islamic counseling seminar held periodically for three months. This attendance rate shows students' interest and enthusiasm for the program. Increased Level of Understanding Before and After the Seminar Based on the results of the pre-test and post-test given:

Before the seminar, only 35% of students had a basic understanding of Islamic values relevant to the challenges of globalization. After the seminar, this percentage increased to 78%, indicating a 43% increase in understanding. The Impact of the Seminar on Students' Worship Practices As many as 70% of students reported an increase in the quality of their prayers, including being more solemn and punctual, after attending the seminar 60% of students admitted to starting to routinely read the Qur'an every day, compared to only 25% of students before the seminar.

The level of student participation in religious activities at school, such as Islamic studies and discussions, increased from 50% to 85%. Positive Behavioral Changes From the survey results, 75% of students reported that they are more careful in using social media and more often filter information before sharing it. Participant Feedback A total of 90% of students felt that the seminar had a positive impact on their understanding of how to face the challenges of globalization in accordance with Islamic teachings.

Meanwhile, counseling comes from the translation "*counseling*". Counseling comes from the word "*counsel*" which means giving advice, counseling or recommendations to other people face to face. Thus, counseling is the provision of advice or guidance to other people individually, which is done face to face from someone who has expertise to someone who has a problem.

From the above description of the meaning of guidance and counseling, it can be concluded that guidance and counseling is a service assistance provided by a counselor to a client, so that the client can understand themselves, make decisions, understand their potential, know how to develop their potential and always be responsible for every

decision they make. Guidance and counseling holds important tasks and responsibilities to develop the environment, build dynamic interactions between individuals and the environment, teach individuals to develop, change and improve behavior (Kamaluddin, 2011).

Furthermore, in relation to Islamic counseling guidance, according to the use of the adjective, it shows the basis and direction of the assistance being aimed at, namely Islam which includes its concept of humans (and various other things), its teachings, its regulations, as far as they concern individuals, these teachings concern all dimensions of their relationships and associations (Abdurrahman, 2019). Islamic counseling guidance is to provide awareness to clients to maintain their existence as creations and creatures of Allah, and the goal to be achieved is not only for the benefit and interests of worldly life alone, but beyond that is for the interests of the hereafter which are more eternal and everlasting.

Humans are social creatures who need other people in their lives. Including in terms of advising, providing guidance and direction to others. In the perspective of Islam, the Islamic religion as a guide to life provides teachings, principles, and laws in guiding the behavior of Muslims so that it is in accordance with human nature and the wishes of Allah. Regarding the importance of guidance for humans, Allah has explained it in the Qur'an in the letter of Asy-Shura verse 52:

عِبَادِنَا وَإِنَّكَ وَكَذَلِكَ أَوْحَيْنَا إِلَيْكَ رُوحًا مِّنْ أَمْرِنَا مَا كُنْتَ تَدْرِي مَا الْكِتَابُ وَلَا الْإِيمَنُ وَلَكِنْ جَعَلْنَاهُ نُورًا نُّهْدِي بِهِ مَنْ نَّشَاءُ مِنْ  
لَّنُهْدِي إِلَى صِرَاطٍ مُسْتَقِيمٍ

“By this we give guidance as to whom we desire among our servants. And verily, you guide (people) to the straight path”.

The verse above explains that every human being in the development of his soul naturally always needs guidance, direction and counseling so that his personality is on the right path to maximize maturity to become a faithful and pious person. In this context, to provide guidance and counseling, knowledge is needed regarding religion, as well as knowledge about the soul, education and philosophy (Asrul, 2019).

In the era of globalization, teenagers are faced with various challenges and foreign cultural influences that can affect their values and character. In this context, Islamic counseling plays an important role in helping teenagers build and maintain Islamic character. Islamic counseling is based on Islamic religious and moral values, which can be a guideline for teenagers in facing the dynamics of globalization (Al-Ghazali, 2001).

Islamic counseling guidance plays a pivotal role in shaping adolescent character by addressing various dimensions of their development. First, it focuses on strengthening self-identity, helping teenagers understand and embrace their identity as Muslims. Counselors utilize guidance based on the Qur'an and Hadith to instill pride and confidence in their Islamic identity, even amidst the diversity of values brought by globalization. Second, Islamic counseling provides moral and ethical education rooted in Islamic teachings, emphasizing the importance of good morals, honesty, responsibility, and respect for others. These principles guide teenagers in maintaining a strong moral compass, particularly in environments that may encourage deviation from these values.

Additionally, Islamic counseling prioritizes mental and spiritual development, teaching adolescents about worship practices such as prayer, fasting, and reading the



Qur'an, as well as engaging in self-reflection through dhikr and prayer. These activities promote balanced mental and spiritual health, equipping teenagers to manage the stress and pressures of modern life effectively. Beyond individual development, Islamic counseling also fosters social skills development by teaching the importance of silaturahmi, cooperation, and mutual assistance, which strengthen harmonious relationships and enable teenagers to contribute positively to society (Al-Qardhawi, 2000). Moreover, Islamic counseling supports academic and career development by guiding adolescents in selecting educational and career paths aligned with Islamic principles. This ensures that their pursuits are not only materially beneficial but also spiritually fulfilling (Iskandar et al., 2022; Tsoraya et al., 2022).

In the era of globalization, adolescents face several challenges that Islamic counseling seeks to address. One major challenge is the influence of social media and the internet, which can disseminate values that contradict Islamic teachings. Islamic counseling provides solutions by educating teenagers on the wise use of media and encouraging critical evaluation of the content they consume. Another challenge is peer group pressure, which often leads teenagers to act against Islamic values. Counselors offer strategies to counteract this pressure, such as building a supportive network of like-minded friends. Lastly, adolescents may struggle with the imbalance of values and culture, finding it difficult to reconcile local cultural values with global influences. Islamic counseling helps them navigate this issue by emphasizing the importance of preserving their cultural and religious identity (Hadi et al., 2020). Through these comprehensive efforts, Islamic counseling serves as a robust framework for empowering adolescents to maintain their Islamic character while adapting to the dynamic challenges of globalization.

The results of the Islamic guidance and counseling seminar held at the vocational school N 1 Panyabungan found that students already know what Islamic counseling guidance is, if they have problems they will confide in their parents, friends and they also ask for help from Allah, but there are some students who do not want to or are closed to their problems meaning they only keep their problems to themselves. Related to problems, students will also look for parents, friends, and the most interesting student answer in my opinion is to come to Allah. Related to student worship, both praying, reading the Koran from the results of student answers that they are used to reading the Koran, praying and involving Allah in anything. The students' response to this seminar is that they can know about the Islamic counseling guidance approach in building adolescent character, especially during the influence of globalization.

Islamic counseling has a very important role in building the Islamic character of adolescents in the era of globalization (Rosmalina et al., 2023). With a holistic approach, including strengthening identity, moral education, mental and spiritual development, social skills development, and academic and career development, Islamic counseling can help adolescents to remain steadfast in Islamic values while adapting to the dynamics of globalization (Fatimah & Sumarni, 2024). The challenges that exist can be overcome with the right approach and continuous support from counselors and the surrounding environment.

## CONCLUSION

From Key Research Findings Positive Influence on Students; The research results showed that as many as 80% of students who attended Islamic counseling regularly experienced a significant increase in spiritual and moral awareness. This is reflected in changes in their attitudes which are more disciplined, honest and responsible in their daily lives at school and outside school, Improved Information Filtering Skills As many as 75% of students showed better abilities in filtering information they received from various sources, including social media and the internet. Students can differentiate between useful information and that which can damage morals, thanks to the guidance provided through Islamic counseling guides. Increased Social Awareness.

Further research can focus on developing a digital-based Islamic counseling module that utilizes technology to reach students more widely. This module can be designed in the form of an application or online platform that contains materials, guides, and interactive counseling activities.

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