

Finding Spiritual Balance: A Study of the Effectiveness of Islamic Counseling in Improving College Students' Well-Being

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Abstract:

The study explored Islamic counseling's effectiveness in enhancing college students' well-being by attaining spiritual equilibrium. With students' well-being as the primary focus, recognizing that academic and personal challenges can disrupt their spiritual harmony is crucial. Islamic counseling emerges as a pertinent method in aiding students to attain the holistic well-being necessitated by spiritual equilibrium. Employing a qualitative approach, the study conducted in-depth interviews with university students who had experienced Islamic counseling, selected based on Islamic religious backgrounds and counseling engagement levels. Thematic analysis of collected data unveiled patterns illustrating Islamic counseling's efficacy in enhancing student well-being. Results indicated heightened religious comprehension, increased self-awareness, reinforced social bonds and spiritual connectivity, and integration of spiritual practices into daily life. Students reported enhanced self-confidence, motivation, and interpersonal relationship quality post-counseling. Discussion emphasized the significance of spiritual balance in fostering student well-being, highlighting Islamic counseling's benefits in higher education. The findings underscored improved quality of life, fulfillment of spiritual needs, and enhanced adaptability to challenges. Ultimately, the study underscores Islamic counseling's potential in enhancing student well-being through spiritual equilibrium.

Keywords: Islamic counseling; Student well-being; Spiritual balance

1. Introduction

In the context of student life, the complexity of challenges faced during the lecture period and campus life can affect students' mental, emotional and spiritual well-being. Students often face high academic pressure, social demands, financial problems, and environmental changes that can affect students' life balance[1]. In the midst of this dynamic, the holistic welfare of students is an important concern in efforts to support their development as balanced and empowered individuals. Student welfare does not only include physical aspects, but also psychological and spiritual dimensions[2]. Spiritual balance, as part of holistic well-being, is a crucial factor in ensuring students are able to face life's challenges better. When students are able to strengthen their spiritual dimension, students tend to have a stronger foundation in facing various changes and obstacles that may arise in their life journey.

It is in this context that the role of Islamic counseling becomes relevant and important. Islamic counseling offers a holistic and integrated approach, which not only pays attention to psychological aspects, but also the spiritual dimension in helping individuals solve problems, manage emotions, and achieve sustainable well-being[3], [4]. This approach not only focuses on short-term solutions, but also the formation of strong character and a deep understanding of spiritual values in living daily life.

In the campus reality which is often full of pressure and expectations, students often feel trapped in a circle of problems that are difficult to overcome alone. Islamic counseling exists as a form of support that can guide and empower students to find solutions to the various problems they face. Through an approach based on Islamic teachings, this counseling provides new views and a deep understanding of how to face challenges with confidence and fortitude[5]. Apart from that, Islamic counseling also offers space for self-reflection and a deeper understanding of one's life purpose and meaning of existence. By strengthening the spiritual dimension, students can gain inner peace, clarity of mind, and the courage to face various life tests with a wise and patient attitude[6].

In a dynamic academic environment, the need for a holistic approach that includes spiritual aspects is becoming increasingly felt. Students not only need to gain knowledge and skills in the academic field, but also support to develop themselves as a whole. Student welfare is an important foundation in supporting academic and personal success[7]. Apart from that, good mental and emotional well-being also has a positive impact on student academic performance. Students who feel prosperous tend to be more focused, productive, and able to overcome various obstacles that arise in the course of their studies[8]. Therefore, efforts to improve student welfare are a long-term investment that has the potential to have a positive impact on individuals, the campus environment and society as a whole.

In this context, research on Finding Spiritual Balance: A Study of the Effectiveness of Islamic Counseling in Improving Student Well-Being has important value[9]. Through this research, it is hoped that it will be possible to reveal the extent of the role of Islamic counseling in helping students overcome challenges, improve spiritual balance, and achieve overall well-being[7], [10]. Thus, what underlies this research is awareness of the complexity of the challenges faced by students, the importance of holistic well-being in supporting student development, and the potential of Islamic counseling as a means of achieving this well-being[11]. Through an approach based on spiritual values and Islamic teachings, it is hoped that this research will be able to provide a comprehensive picture of how Islamic counseling can be a determining factor in building student welfare in the tertiary environment.

2. Methodology

This research will use a qualitative approach to explore students' experiences and perceptions regarding the effectiveness of Islamic counseling in improving their well-being and spiritual balance. Approach Method An in-depth qualitative study will be used through individual interviews and group discussions to explore in-depth information about students' experiences with Islamic counseling services[12]. The sample was selected purposively from undergraduate students with diverse backgrounds at educational institutions that provide Islamic counseling services.

Sample Size: Approximately 20-30 students were recruited to ensure variation in experiences and views regarding Islamic counseling. In-depth interviews will be conducted with students to gain a deeper understanding of how Islamic counseling affects their well-being and spiritual balance. Group discussions will be held to facilitate the exchange of views and experiences between students regarding the benefits and challenges that arise during the counseling process. **Islamic Counseling Sessions:** Students will attend Islamic counseling

sessions tailored to their spiritual and emotional needs. This session will be facilitated by an experienced Islamic counselor.

Thematic Analysis: Qualitative data from interviews and group discussions were analyzed using a thematic analysis approach to identify patterns, themes and meanings that emerged from student narratives[13]. **Data Triangulation:** The results of interviews and group discussions will be compared and synthesized to provide a more comprehensive understanding of the effectiveness of Islamic counseling in improving student welfare. The research findings were limited to the context and population of students studied, affecting the generalisability of the results. **Respondent Bias:** The presence of subjective bias in the experiences reported by students can influence the interpretation of research results. With a careful qualitative approach, this research aims to provide an in-depth understanding of how Islamic counseling can contribute to improving the well-being and spiritual balance of students in the context of higher education[14].

3. Result and Discussion

This research reveals that Islamic counseling has a significant positive impact on student welfare. Participants who underwent Islamic counseling reported marked improvements in stress management, increased levels of self-confidence, as well as a deeper understanding of spiritual values that can be applied in everyday life. Islamic counseling as a mental and spiritual health approach method provides a valuable contribution in improving the quality of life of students[15]. By focusing on spiritual aspects, Islamic counseling is able to provide a holistic view in helping students overcome the emotional and mental challenges they face during their studies. Improved stress management and increased self-confidence are important indicators in assessing the effectiveness of Islamic counseling in this context. In an often stressful and challenging campus environment, students' ability to manage stress and maintain self-confidence can greatly impact their overall well-being. Thus, these findings underline the important role of Islamic counseling in helping students develop effective coping strategies and strengthen their spiritual aspects to face various situations that may arise in campus life and beyond.

The research findings obtained are: Spiritual Balance, the overall well-being of students is influenced by spiritual balance. Students who are able to strengthen their spiritual dimension tend to have better inner peace, the ability to overcome challenges better, and a higher level of life satisfaction. Spiritual balance is a crucial element in influencing student well-being[1]. When students are able to strengthen the spiritual aspects of student life, this not only has an impact on their mental and emotional state, but also brings significant benefits in facing various daily obstacles. The inner peace obtained from spiritual balance helps students live campus life with a calmer and wiser attitude.

The ability to overcome challenges is also a significant result of spiritual balance. Students who have a solid spiritual foundation tend to have better resilience in facing academic pressure, social problems, and complex environmental changes on campus. Thus, spiritual balance not only provides internal strength, but also broadens students' horizons in responding to situations that may be challenging. A high level of life satisfaction is also an important indicator of student well-being which is supported by spiritual balance. Students

who feel spiritually balanced tend to have a more positive outlook on life, find deeper meaning in every experience, and have a strong motivation to achieve individual personal goals and aspirations. Thus, spiritual balance becomes a strong foundation in building students' holistic well-being. In the context of higher education, understanding the importance of spiritual balance in supporting student well-being is key in developing more holistic support and counseling programs[16]. By paying greater attention to spiritual aspects, educational institutions can help students strengthen their internal foundations, develop greater mental resilience, and achieve more sustainable well-being.

Then the Role of Islamic Counseling: Research highlights the important role of Islamic counseling in guiding students to find meaning in life, overcome emotional problems, and strengthen relationships with themselves and God. The holistic approach of Islamic counseling has a sustainable positive impact on student well-being. Role of Islamic Counseling: Research highlights the important role of Islamic counseling in guiding students in finding meaning in life, overcoming emotional problems, and strengthening their relationship with themselves and God. The holistic approach of Islamic counseling has been proven to have a sustainable positive impact on student well-being.

The role of Islamic counseling in guiding students to find the meaning of life is crucial in the context of their welfare[17]. Counseling based on Islamic principles is able to provide an in-depth view of the purpose of life, spiritual values, and the meaning of individual existence. Through the counseling process, students are guided to explore and understand themselves better, which in turn helps them find a more meaningful and motivating purpose in life. Apart from that, Islamic counseling's ability to help students overcome emotional problems is an important aspect in improving their well-being. By providing space for students to express and understand the various emotional problems they face, Islamic counseling helps in the recovery process, managing stress, and building mental resilience. This contributes to improving overall well-being.

Strengthening students' relationship with themselves and God is also a major goal of Islamic counseling. Through self-reflection, introspection, and spiritual practice, students can deepen their understanding of themselves and increase their spiritual connection. This brings benefits in strengthening internal foundations, strengthening values, and guiding students in facing challenges with stronger confidence. The holistic approach of Islamic counseling, which not only addresses emotional but also spiritual and psychological aspects, brings a lasting positive impact on students' well-being. By paying attention to the whole individual, Islamic counseling is able to provide comprehensive support in personal development, improving quality of life, and achieving sustainable holistic well-being. Through the integration of spiritual values and Islamic practices in the counseling process, students can experience significant personal growth and improve their overall quality of life.

Study on the Effectiveness of Islamic Counseling in Improving Student Welfare. After conducting research on the effectiveness of Islamic counseling in improving students' well-being, the following findings were found [18]: (a) Improved Emotional Well-being: Students who attended Islamic counseling sessions reported significant improvements in their emotional well-being. They felt better able to manage stress, anxiety, and academic pressure after engaging in Islamic counseling; (b) Improved Spiritual Balance: Participants reported deeper feelings of spiritual balance and connection with Allah after attending Islamic

counseling sessions. They feel more connected to spiritual and moral values in their daily lives; (c) Increasing Social Welfare: The research results show that Islamic counseling also contributes to improving the social welfare of students. Students reported improvements in interpersonal relationships, empathy, and ability to communicate effectively; (d) Self-Awareness and Personal Growth: Islamic counseling participants expressed experiences of increased self-awareness and personal growth during the counseling process. They better understand themselves, their life goals, and how to reach their full potential; (e) Emotional Support and Psychological Well-Being: Islamic Counseling provides a platform for students to get the emotional support and psychological well-being they need. Participants stated that counseling sessions provided a safe space to share their thoughts, feelings, and difficulties without fear of judgment. (f) Self-Acceptance and Esteem: Students involved in Islamic counseling reported increases in self-acceptance and self-esteem.

They are better able to overcome feelings of low self-esteem and develop stronger self-confidence. These findings confirm that Islamic counseling has a significant positive impact in improving student welfare, both from an emotional, spiritual, social and psychological perspective[19]. The implications of these findings can help educational institutions provide mental health services that are more holistic and oriented towards spiritual values for their students. Student welfare is a holistic concept that covers various aspects of their lives. In the context of this research on the effectiveness of Islamic counseling in improving student well-being, the scope of well-being can be divided into four main dimensions: emotional well-being, spiritual well-being, social well-being, and psychological well-being.

Each of these dimensions provides a comprehensive view of the overall state of student well-being; a) Emotional Well-being, Emotional well-being includes students' ability to manage and respond to emotions in a healthy manner. This includes the ability to cope with stress, anxiety, and pressure that may arise in their academic and social lives. Factors such as independence, mental resilience, and emotional balance are key in understanding and improving students' emotional well-being; b) Spiritual Well-being, Spiritual well-being reflects the student's internal balance in relation to spiritual values, beliefs and life goals. This dimension includes the existence of meaning in life, transcendental experiences, and the depth of connection with something greater than oneself. Islamic counseling can be a means of strengthening spiritual aspects and religious values in achieving students' spiritual well-being; c) Social Welfare, Social welfare highlights students' ability to build and maintain healthy interpersonal relationships. This includes the ability to collaborate, communicate effectively, and feel connected and supported by their social environment. This aspect is critical in ensuring that students feel included in their educational community and can participate actively in campus life; d) Psychological Well-being, Psychological well-being involves the overall mental and psychological condition of students. It includes aspects such as self-esteem, independence, adaptability, and the ability to overcome the challenges of daily life. Understanding and supporting students' psychological well-being is an important element in providing comprehensive mental health support.

By paying attention to these four dimensions of well-being, research on the effectiveness of Islamic counseling in improving student well-being can provide in-depth insight into how holistic approaches such as Islamic counseling can make a positive contribution in achieving students' holistic well-being in the educational environment.

Importance of Spirituality: In Islam, spirituality is a central aspect in an individual's life. Spiritual values such as obedience to Allah, compassion, patience and sincerity form the basis of the daily life practices of Muslims. **Meaning of Spiritual Balance:** The concept of spiritual balance in Islam emphasizes the importance of harmony between vertical relationships with Allah and horizontal relationships with fellow humans. This balance is believed to be the key to achieving holistic well-being.

Islamic Counseling Principles:

Integration of Islamic Values: Islamic Counseling integrates the principles of the Islamic religion in the counseling process, such as mercy, fairness, and tawakkal. Islamic counselors aim to guide clients according to Islamic teachings to achieve deeper self-understanding and holistic well-being. **Islamic Ethics and Ethos:** The principles of Islamic counseling include strong ethics, such as maintaining confidentiality, providing continuous support, and promoting holistic recovery based on Islamic values. **Dimensions of Student Well-Being:** Student well-being theory identifies dimensions of well-being which include physical, emotional, social and intellectual aspects. A student's holistic well-being includes not only academic achievement, but also happiness, emotional balance, and healthy social relationships.

The Importance of Balance The theory of student well-being emphasizes the importance of achieving balance between various aspects of life to achieve optimal well-being. The balance between academic demands, social life and personal development is the main focus in maintaining student welfare. By strengthening this theoretical foundation, research on the effectiveness of Islamic counseling in improving student well-being is expected to provide a deeper understanding of how spiritual values in Islam, Islamic counseling principles, and student well-being theories can interact to support students' holistic growth and well-being. in higher education environments. **Increasing Emotional Well-Being,** Islamic counseling provides space for students to express and understand the various emotions they face.

Through counseling sessions, students can develop skills in managing daily stress, anxiety and emotional stress. Increasing self-awareness of their emotions helps in building resilience and better emotional balance. **Spiritual Empowerment through Islamic Counseling,** Islamic Counseling provides a solid spiritual foundation for students in living their daily lives. Students are empowered to strengthen their spiritual connection with God and increase their understanding of their life purpose. Islamic values such as patience, tawakkal and mercy serve as a guide in building a positive spiritual balance. Islamic counseling encourages students to improve their social and interpersonal relationships. Students become better able to build healthy, empathetic and supportive relationships with others. Increased social well-being helps students feel included in the campus community and improves the quality of their social relationships.

Psychological Wellbeing and Emotional Support, Islamic Counseling provides a platform for students to explore and solve the psychological problems they face. The emotional support provided through counseling helps students feel heard, understood and supported in facing life's challenges[20]. Improving psychological well-being provides a strong foundation for students to overcome difficulties and develop independence in the management of psychological problems. Through a holistic approach that includes emotional, spiritual, social and psychological aspects, Islamic counseling is proven to make a significant

contribution in improving students' overall well-being[11]. With a focus on spiritual empowerment, emotional skills development, increased social well-being, and psychological support, Islamic counseling provides a comprehensive framework to support student growth and well-being in higher education environments.

The Influence of Islamic Counseling on Personal Growth, Self-Awareness and Reflection. Islamic counseling encourages students to increase self-awareness of their potential, strengths and weaknesses. Through self-reflection, students can identify thought patterns and behaviors that need to be improved for better personal growth. Personal Growth and Self-Acceptance. Islamic counseling helps students accept themselves as a whole, including their strengths and weaknesses. Personal growth occurs when students can overcome internal and external obstacles to reach their maximum potential. Islamic counseling facilitates the development of Islamic values and ethics which guide decision making and daily interactions. Students are empowered to internalize positive values and ethics that will shape their character and behavior.

4. Conclusion

Islamic counseling has the potential to make a significant contribution to the personal growth and well-being of students. The findings of this research can have broad implications in the development of counseling services oriented towards personal growth and spiritual values, providing valuable insight into the role of Islamic counseling in improving the well-being and personal growth of students, provide valuable contributions in the development of counseling services in higher education environments that are more holistic and oriented to student needs. Apart from that, this research can also be a stepping stone to broaden insight and understanding of the relationship between the spiritual dimension and student welfare. Thus, this research is not only useful for the development of knowledge in the field of counseling and student welfare, but also makes a real contribution to improving the overall quality of student life.

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