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PROCEEDING OF INTERNATIONAL WEBINAR ON ISLAMIC EDUCATION AND COUNSELING

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PREFACE

Assalamualaikum Wr.Wb.

Alhamdulillah....Alhamdulillah

An appreciation that is proud of the participants, interviewees and organizers of the International Webinar event, has been organized by the Islamic Education Counseling Guidance Study Program, which has contributed brilliant ideas and materialized in scientific work contained in this proceeding. This proceeding is the output of the International Webinar activity of the Islamic Education Counseling Guidance Study Program which initiated the theme of Dynamics of Islamic Education and Counseling, containing four sub-chapters whose themes consist of cross-scientific disciplines, such as: Dynamics of Islamic Education Guidance and Counseling; Dynamics of Islamic Education; Dynamics of Islamic Education Management; and Education Dynamics, and Technology.

It is hoped that this international webinar will be able to strengthen the idea of 'wahdatul ulum' in developing knowledge in the field of guidance and counseling in Islamic education and its integration into other sciences. On this occasion, the committee would like to express their deepest gratitude to all participants, interviewees and committee involved in this activity. We hope that international webinar events will provide many personal benefits for the writers as well as publications that are meaningful for many people. We apologize for the mistakes and shortcomings in this activity. While surrendering to Allah SWT, we deliver this proceeding into the hands of readers with the hope that it will be useful.

Wassalamualaikum Wr. Wb

Medan, November 2022

Committee Head

Prof. Dr. Nurussakinah Daulay, M.Psi

PREFACE OF EDITOR

Alhamdulillahirabbil 'alamiin, Praise be to Allah SWT, who still provides endless grace and favors so that the process of working on this proceedings which is the output of an international webinar with the writers and speakers has been completed and can be published. Blessings and greetings are always poured out to the Prophet Muhammad SAW, thanks to his struggles we can enjoy knowledge that can be obtained from anywhere.

This proceeding is the result of an international webinar held by the BKPI FITK UIN SU Medan study program by inviting speakers from various countries in Southeast Asia. This book contains matters relating to Counseling Services, Implementation of Counseling Guidance Activities in Schools, Madrasah Management, Activities of Teachers and Educational Staff in Schools. This proceeding is also a form of implementation of the Tri Dharma of Higher Education which seeks to provide knowledge in the form of education and teaching.

This proceeding exists as a tool that can be used as a source of reference regarding the implementation of Guidance and Counseling in schools, as well as Educational Management activities related to Counseling Guidance. Just as BK activities in schools cannot be separated from the entire academic community in schools who participate in developing BK activities. This proceeding consists of several sections according to the author to make it easier for the reader to understand the contents of the book.

It is our hope that after the presence of this proceeding, we can add to the body of knowledge in the field of Guidance and Counseling, and can be utilized as best as possible by readers, guidance counselors/counselors and other related parties.

Medan, November 2022
Editor,
Amal Hayati, M.P

FOREWORD DEAN OF THE FACULTY OF TARBIYAH SCIENCES AND TEACHER TRAINING

September, 26 th 2022	08.Other Scientific Works. 8:03 a.m.	<i>Proceeding International of Islamic Education and Counseling in Empowering Islamic Educational Institution for The Future"</i>	BKPI Study Program
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FOREWORD

Bismillahirrahmanirrahim

The Faculty of Tarbiyah and Teacher Training UIN North Sumatra Medan has now entered a fairly mature age, proven to be 50 years old to be part of IAIN and UIN North Sumatra Medan and remain at the forefront, especially in the number of students, and other qualities.

FITK's dreams of building civilization, not only from the management, academics, but also thousands of alumni spread across various professions, throughout the country and even abroad. It is the historical evidence, the facts of the day, and the obsession of the future that we continue to inspire.

2022 is the year when we are preparing ourselves in the framework of 55 years of FT-FITK IAIN-UIN North Sumatra Medan. Various activities, all started with the basis of the faculty's strategic plan as part of achieving the vision and mission and goals of UIN North Sumatra Medan. One of them is the writing of scientific papers from various circles including from seminars and workshops.

The series of scientific papers "Building Civilization with FITK UIN North Sumatra Medan" that we developed are:

01. Scientific papers manual

02. Scientific papers guidebooks
03. Scientific work of research results
04. Scientific work of the lecturer
05. Student scientific work
06. Scientific work of innovation and creativity
07. Collaborative scientific work
08. Other scientific works

The book "*Proceedings International of Islamic Education and Counseling in Empowering Islamic Educational Institution for The Future*". This is the result of collaborative work from various parties at seminars and workshops of the Guidance and Counseling study program in the environment of FITK UIN North Sumatra Medan. We realize that many lecturers' experiences are related to learning, where representations of research, literature review, and information from print and electronic media, Scientific books become treasures that must be united in various themes of discussion.

We agree that today's education is faced with various problems, so solving efforts cannot be done by one discipline, transdisciplinary approach in learning, drafting Teaching materials are one of the answers. All the works of lecturers deserve our appreciation to be part of a form of academic awareness, especially Wahdatul Ulum as a scientific paradigm.

Through this testimonial book we want to provide a design of civilization, through commitment we will continue to be together, building collaboration from various lines is a continuation of our program.

Some of the scientific works that we have initiated today, as part of building civilization with FITK will continue to be indexed systematically hopefully with UIN North Sumatra Medan continues to carve good.

Medan, September 26th, 2022.

Dean.

Dr.Mardianto,M.Pd

Committee head's preface

The Dynamics of Islamic Education Guidance and Counseling

*Proceeding International Seminar on The Dynamics
of Islamic Education and Counseling*

1

D. The Role of Guidance and Counseling in Addictive Cases: Literature Review.

Prof. Dr. Nurussakinah Daulay, M.Psi

Title THE ROLE OF GUIDANCE AND COUNSELING IN ADDICTIVE CASES: LITERATURE REVIEW

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Abstract

This paper aims to introduce the urgency of counseling guidance services in overcoming addiction cases in Indonesia. This article is a study of several previously published literature, so the type of data used by the author in this article is data obtained from a literature study by looking for theoretical references that are relevant to the cases or problems found. The results of the literature review prove the research that has discussed that guidance and counseling services are able to minimize addiction cases. Some research on addiction counseling in dealing with drug cases has proven to be more dominant than addiction counseling with addiction cases in the scope of education, such as: addiction counseling on cases of smartphone addiction tendencies, online games. The benefit of this paper is to enrich studies in the field of guidance and counseling so that guidance and counseling teachers

and counselors are able to address and minimize cases of addiction both outside the scope of education and within the scope of education.

Keywords

Guidance and Counseling: Adiction; Literature Review

Introduction | مقدمة

The challenges of living in the era of globalization and digitalization have led to changes in lifestyle for an individual, both for the individual and for living in groups. It turns out that this change is also felt in the scope of education, where various problems that occur in students are characterized by maladaptive behavior, such as: bullying (Darmayanti et al. 2021), truancy behavior (Damayanti & Setiawati, 2013), not obeying school rules (Hadianti, 2017), and various tendencies of addictive behavior, including: narcotics abuse (Herman et al. 2019), smartphone addiction (Agusta, 2016), online games (Novrialdy, 2019).

Initially, smartphones were facilitated for the purpose of helping students find references for preparing school assignments. It turns out that the impact of the pandemic which requires students to study at home has resulted in smartphones having more functions, namely as a means of learning media through WhatsApp video calls, zoom, google meet, and task collection, which is considered more practical through smartphones. Likewise, communicating with each other is felt to be faster even though they are not present face to face, but the intent and purpose can still be conveyed via chat or telephone. Important benefits of smartphones include important needs in their lives through social media (Pratama et al. 2017), increasing awareness of the surrounding environment (Wahyuningsih & Suprihartini, 2017), assisting in communication media (Timbowo, 2016),

In addition, excessive and repeated use of smartphones without supervision can have a negative impact, various cases of addiction, such as: smartphone addiction, online games, have a negative effect on the perpetrators. This has also been confirmed

through various studies, namely raising anxiety in parents (Kurniawan, 2022), difficulty concentrating (Indrapuri, 2021), stress (Winston et al. 2021), academic procrastination (Indira, 2020), lack of empathy (Pinasti & Kustanti, 2018).

Repetitive, excessive and unsupervised behavior causes the emergence of addictive behavior and it is difficult for a person to control his excessive behavior. Addictive behavior is interpreted as a behavior that causes continuous harm and is difficult to end by the person concerned (Hardanti et al. 2013). Some examples of addictive behavior or addictions are: drug addiction (Eskasasnanda, 2015.), gadget addiction (Puspita, 2020), game addiction (Novrialdy, 2019), pornography addiction (Haidar & Apsari, 2020), gambling addiction (Asriadi, 2021).), addiction to alcohol (Maula & Yuniastuti, 2017). The dangers of drug use not only have an impact on individuals who use them, but also have an impact on their physical, psychological and social environment (Rosidah & Salehudin, 2021).

Addiction is a biopsychosocial disease, meaning that it involves biological, psychological, and social factors. Addiction is a disease that has symptoms that are chronic (very long), and progressive (gets worse if not helped) (Martono & Joewana, 2009). The results of research from Wan and Chou (Hardanti et al., 2013) that addiction is also influenced by several factors including: self-control, motivation, psychological needs (desire for power), desire for achievement, and loneliness. The frequency of using gadgets excessively is also the cause of someone getting attached and becoming an addict.

Education is expected to be able to provide assistance to students considering the complexity of the problems that occur in the scope of education, thus requiring assistance to students both physically and psychologically. This is very important in the role of guidance and counseling services in educational institutions. The development of cognitive, affective and psychomotor functions for students is considered very useful. The development of affective aspects and self-development, both attitudes and skills is the responsibility of the guidance and counseling teacher. In particular, guidance and counseling need to be given to students in order to achieve optimal self-development, be steadfast in facing life's challenges, and be responsible for all their actions (Luddin, 2010).

Guidance and counseling is a process of assistance or assistance provided by counselors (counselors) to individuals (clients) through face-to-face meetings or reciprocal relationships between the two, so that clients have the ability or skills to see and find problems and be able to solve their own problems (Tohirin, 2007). To helping students, it is necessary to provide guidance and counseling in schools. Prayitno and Amti (2009) said that the purpose of guidance and counseling in general is to help students develop themselves optimally in accordance with the developmental stage according to the predisposition of students (potential and initial conditions), their background, and the demands of the conditions and times. In more detail, the purpose of guidance and counseling is to form students who are intact and balanced in terms of personality, social-society, diversity, and decency. Meanwhile, in particular, guidance and counseling services aim to help students achieve their development goals in personal, social, learning, and career aspects (Yusuf & Nurihsan, 2011).

Thus the importance of interpreting the negative impact of addiction and how the role of the school together between the principal, homeroom teacher, BK teacher and parents in minimizing this addictive behavior, especially through the assistance of guidance and counseling services from BK teachers and counselors, will be proven in the study. this literature.

Method | منهج

This research method is in the form of a literature review, which is a written summary of articles from journals, books, and other documents that describe theories and information both past and present, organizing literature into topics and documents needed (Creswell, 2014). There are several steps that the researchers took, namely: First, search for articles at <https://scholar.google.co.id/> using keywords, namely: addiction, counseling guidance services, guidance and counseling; Second, the researcher selects the research according to the theme and purpose of this paper; Third, analyze and formulate research findings. The data that has been obtained is then analyzed using descriptive analysis methods, by describing the facts which are then described, and reviewed with explanations (Habsy, 2017).

Findings | نتائج

Based on the research search, it was found research related to the urgency of counseling guidance services in overcoming addiction. This literature review attempts to distinguish between the role of guidance and counseling within the scope of education and outside the scope of education, and also adds to the role of addiction counselors. In table 1 there are several studies that explain addiction counseling in education within the scope of education, such as: schools/madrasas.

Table 1. Research Results on the Role of Counseling Guidance Services on Addiction in the educational environment.

Peneliti	Judul Penelitian	Metode	Temuan
Fitri et al. (2018)	The concept of online game addiction and its impact on adolescent mental and emotional problems and the role of guidance and counseling	Literature review	The role of guidance and counseling is needed to reduce online game addiction in adolescents through counseling services including; individual counseling using rational emotive therapy techniques and group counseling using Cognitive Behavior Therapy (CBT) approaches.
Persada et al. (2017)	Cognitive restructuring counseling	Descriptive quantitative research	The cognitive restructuring counseling

	program to reduce the tendency of online game addiction in adolescents	method. Respondents were 323 junior high school students	program is designed as an effort to
Perdana	Efforts to prevent social media addiction in students through group counseling	Qualitative research method with a case study approach.	help students in reducing the habit of playing online games.
Sari et al. (2021)	Application of behavioristic counseling with self-management techniques to reduce social addiction behavior of gadget users in students	Quasi experimental methodology with one group pre-test posttest model	Group counseling is effective in providing understanding
Satyajati, 2016.	Person-centered expressive arts therapy to improve self-efficacy of addiction counselors		

The conclusions obtained from table 1 prove that there are several roles of guidance and counseling that are considered capable of minimizing the tendency of addiction in schools, such as: group counseling services, behavioristic counseling, cognitive restructuring counseling. Furthermore, the role of guidance and counseling in overcoming cases outside the educational environment, such as: drug addiction, is summarized in table 2.

Table 2. Research Results on the Role of Counseling Guidance Services on Drug Addiction.

Name	Tittle	Method	Findings
Salehudin, 2021	Addiction counseling on self-efficacy of national narcotic outpatient rehabilitation clients in East Kalimantan Province	Method: Qualitative Descriptive. Data analysis: data reduction, data presentation, conclusion drawing.	addiction counseling affects the client's self-efficacy.
Hasan & Tamam (2017)	Counseling on drug addiction in Islamic boarding schools with the tazkiyatun approach of Nafs Imam I-Ghazali	Literature Review	Efforts made by the rehabilitation party to increase self-efficacy
Kusuma (2020)	Application of drug addiction counseling at the Samarinda BNN rehabilitation center	Descriptive qualitative method	clients is to use interviews that can motivate clients to
Beni Aryanie (2019)	The impact of addiction counseling on clients after drug rehabilitation	Qualitative descriptive research method.	counseling process. This effort is considered quite effective in helping
Raida, Husen,	Counseling services in the drug	This research method is descriptive	change the client's behavior in a

Martunis (2018)	rehabilitation process at BNN Aceh		more positive direction. As for the obstacles that
Rosidah, Salehudin (2021)	Addiction counseling on self-efficacy of rehabilitation clients	with a qualitative approach.	found in the counseling process, namely on the client and counselor: Barriers

Based on table 2, there are several roles of guidance and counseling that have been proven to be able to minimize addiction tendencies for drug cases, such as: Islamic counseling through mujahadah, riyadhah and tazkiyatun nafs, individual counseling, group counseling, family counseling, religious counseling. The success or failure of a counseling service cannot be separated from the role of an addiction counselor, here is a summary of his research.

Table 3. Research Results on the Role of Addiction Counselors.

Peneliti	Judul Penelitian	Metode	Temuan
Ahwat dkk (2020)	The role of addiction counselors in dealing with drug addicts in foundations for groups concerned with drug abuse and illegal drugs	Qualitative research methods, with descriptive analysis	There are several efforts by addiction counselors in handling drug addict clients, namely: Providing assistance, conducting assessments, monitoring, conducting home visits,

			conducting counseling.
Satyajati,	Person-Centered Expressive Arts Therapy to improve self-efficacy of addiction counselors	Quasi-experimental method. The hypothesis in this study is that PCEAT can	The hypothesis is not accepted. The subjects did not show an increase in self-efficacy, seen
Ernawati, Qasim (2018).	The effect of family support and addiction counselor support on motivation to recover in drug addicts	increase self-efficacy of addiction counselors. Single case experimental with multiple baseline	from the trend line shown in the intervention phase. However, openness and
Windyaningrum (2014)	Therapeutic communication of addiction counselors to victims of drug abuse at the Palma therapeutic community house	across subject given to four addiction counselors.	The subject's self-acceptance is found as a condition which is also related to
Nur Fadillah (2017)	Efforts of addiction counselors in handling drug addicts at BNNP North Sumatra	Types of analytic observational research with	PCEAT intervention and counselor self-efficacy. There is a more comfortable

			psychological condition because
Ahmadi, A.R	The role of addiction counselor for the healing of adolescent drug users	cross sectional approach method. The population of BNN rehabilitation residents is 123 and the sample is 55 respondents. Chi-square statistical test data collection.	The existence of openness and acceptance supports the existence of self-efficacy.
Al Farizi (2022)	Self-motivation of former drug users who become addiction counselors	qualitative method with an explanatory case study approach. Research informants are	There is an influence between family support and addiction counselor support on motivation to
Simbolon, dkk (2020)	The role of addiction counselors in dealing with drug abuse victims	addiction counselor selected by purposive sampling. Data obtained through in-depth interviews,	

Based on table 3, there are several roles of counselors in minimizing addiction cases, including: acting as mentoring, conducting assessments, monitoring, conducting home visits, and conducting counseling.

Discussion | مناقشة

The complexity of the problems in the educational environment that currently requires serious handling from professionals, one of which is BK teachers and counselors. The position of guidance and counseling in education is to accompany students in addition to self-development as well as to prepare them to face the problems of life (Luddin, 2010). The role of guidance and counseling in integrated schools has also been emphasized by Marsudi (2003), that: 1) There are several problems in schools that cannot be handled by teachers as educators; 2) The teacher program is very tied to the material, learning objectives and curriculum that must be completed; 3) There are several school activities in the context of educating students that must be carried out by officers other than subject teachers; 4) There are often conflicts between students and teachers whose solutions require the help of a third party.

Based on the literature review, it was found that research related to the urgency of guidance and counseling was found. Several studies have proven the important role of counseling guidance services in being able to bring out positive things in themselves, because the purpose of counseling is to help each individual in developing themselves optimally and according to the stage of development. Overcoming the difficulties encountered in the study, and being able to adapt according to the positive demands of the environment in which they live (Evi, 2020).

The urgency of counseling guidance services which are generally carried out by BK teachers in educational institutions strive together to help clients, especially students, find their strengths and potential, minimizing the problems they experience. Various positive impacts of guidance and counseling in handling addiction cases in schools/madrasahs are with the help of group counseling services, behavioristic counseling, cognitive restructuring counseling. The role of behavioristic counseling is also one of the solutions in providing treatment as

a positive reinforcement and self-processing of individuals (Sari et al. 2016). Behavioristic counseling services in the counseling process are a therapeutic technique in counseling based on learning theory that focuses on individual behavior to help counselees learn new behaviors in solving problems through action-oriented techniques (Monica & Gani, 2016).

The behavioristic perspective can be used through reinforcement techniques. Reinforcement is anything that can strengthen the emergence of a response or strengthen the occurrence of changes in behavior as a result of giving a stimulus by the teacher. Reinforcement can be in the form of positive reinforcement (positive reinforcement) and negative reinforcement (negative reinforcement) (Lubis, 2013).

Thus the importance of guidance and counseling in dealing with addiction cases is also inseparable from the role of counselors and BK teachers, including: acting as mentoring, conducting assessments, monitoring, conducting home visits, and conducting counseling (Ahwat et al. 2020). In essence, the main function of the counselor is to help clients realize their own strengths, find the things that are blocking them and find those strengths, and clarify what kind of person they hope to be. The essential function of the counselor is to provide honest and direct feedback to clients (Corey, 2009).

Conclusion | خاتمة

Various previous studies that have been summarized in this literature review prove the importance of the role of guidance and counseling in helping students who experience addiction tendencies, namely with the help of group counseling services, behavioristic counseling, cognitive restructuring counseling. In addition, the role of addiction counseling in drug cases with Islamic counseling through mujahadah, riyadhah and tazkiyatun nafs, individual counseling, group counseling, family counseling, religious counseling. The success or failure of a counseling service cannot be separated from the role of an addiction counselor, namely acting as mentoring, conducting assessments, monitoring, conducting home visits, and conducting counseling.

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PROCEEDING OF INTERNATIONAL WEBINAR ON ISLAMIC EDUCATION AND COUNSELING

This proceeding is the result of an international webinar held by the BKPI FITK UIN SU Medan study program by inviting speakers from various countries in Southeast Asia. This book contains matters relating to Counseling Services, Implementation of Counseling Guidance Activities in Schools, Madrasah Management, Activities of Teachers and Educational Staff in Schools. This proceeding is also a form of implementation of the Tri Dharma of Higher Education which seeks to provide knowledge in the form of education and teaching.

This proceeding exists as a tool that can be used as a source of reference regarding the implementation of Guidance and Counseling in schools, as well as Educational Management activities related to Counseling Guidance. Just as BK activities in schools cannot be separated from the entire academic community in schools who participate in developing BK activities. This proceeding consists of several sections according to the author to make it easier for the reader to understand the contents of the book.



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