The Path to Balance: Cognitive and Islamic Counseling Techniques in Overcoming Stress

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Abstract	:	In navigating life in the complex modern era which causes feelings of depression and stress disorders experienced by individuals, spiritual intelligence becomes very important. Stress is a condition where a person feels pressured and this pressure affects his or her emotional side, body, and behavior because the individual is less able to overcome the challenges and problems they are going through. Stressful events can be overcome in several ways, one of which is by applying Islamic guidance and counseling by praying sincerely, reciting dhikr to Allah SWT with a sense of peace, praying with all your heart, and reading the Koran. Therefore, this research focuses on discussing theoretical comparisons of Western counseling approaches, namely cognitive counseling and Islamic counseling approaches in efforts to deal with stress. Meanwhile, this type of research uses descriptive qualitative research. The technique used in data collection in this research is content analysis research. The content analysis in question consists of previous research, journal articles, proceedings papers, previous research, and several books related to holy words, the meaning of holiness, and the appreciation of prayer. The results of this study indicate that a combination of cognitive counseling techniques and Islamic principles can effectively help individuals overcome stress. In the research process, the writer recommended implementing similar counseling models in various settings, including educational and mental health institutions, to achieve better results in stress management.
Keywords:	:	*Cognitive counseling; Islam; Overcoming stress.*

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1. Introduction

Along with the times, there are two types of counseling, starting from micro counseling (individual, group, and family) to macro counseling (community). To properly understand counseling issues, there needs to be an understanding of the surrounding social, cultural, and

political context. This certainly applies even to feminist counseling that focuses on *gender* issues and power over things. As a result, the world of counseling now requires other scientific fields, such as art, philosophy, "religion", and other sciences, and is required to cooperate with other professionals (Arifin and Zaini 2014, 138–39).

The basis of guidance and counseling thinking is an effort by counselors in providing facilities to counselors in solving their problems so that counselors can increase their potential and achieve developmental goals that include several aspects, such as physical, emotional, knowledge and intelligence, social, and spiritual aspects. The basis for successful counseling and counseling depends on how effective the process is, especially if it succeeds in changing counseling over a prolonged period. Therefore, it is necessary to have a guidance and counseling approach that is effective in terms of approach, techniques, and expertise as a counselor. The interesting thing about guidance and counseling is that counselors and counselors are able to build positive and collaborative relationships with each other, so that the process is more comfortable and minimizes tension for counselors (Dian Fidya and Masril 2024, 41).

In the context of education, counseling has a crucial role in helping students overcome the various psychological and social problems they face. However, Western counseling approaches are often considered not to be fully in line with the values and culture of Muslim society, thus giving rise to the need for a more relevant and contextual approach (Tiffani et al. 2024, 43834).

Practically, guidance and counseling have several types of counseling approaches, one of which is the reality approach. Reality counseling is a type of approach to counseling that focuses on the present and the future, except for the past because the reality approach has a view of humans that the past has happened for a long time and cannot be changed or repeated (Dian Fidya and Masril 2024, 41).

Various counseling techniques are used in solving various human emotional problems. Among them is a cognitive approach in dealing with stress. There are several models of individual counseling approaches, one of which is cognitive counseling. Cognitive counseling is a model approach in counseling that is made to solve the challenges and problems experienced by counselors by performing cognitive restructuring of counseling behaviors that are considered deviant. The existence of negative thoughts and the onset of feelings of discomfort can cause counselors to experience psychological challenges and problems, such as anxiety disorders to depression (Ginting and Martua 2018, 123).

Stress is a condition where a person feels depressed and the pressure affects his emotional, body, and behavior because the individual is not able to overcome the challenges and problems that he is going through. People who experience stress will feel a decrease in the effectiveness of activities physically and psychologically. Lazarus explained that the definition of stress as a form of stress is an interaction between a person and his environment that burdens or exceeds the limits of their ability and collapses their peace. A person's tolerance to stress can increase during various phases of stress, such as the onset of symptoms slowly or rapidly, lasting long or short (erratic times), or often the sufferer is unaware of the causes and effects of stress because they rely on their self-concept. To deal with stress disorders, of course, there needs to be awareness of the negative values that will befall the individual, as a result, the reactions shown are not caused by events, but by the way people think. To reduce stress, efforts to apply Islamic guidance and counseling to individuals can be needed (Daulay 2021, 284).

The process of counseling services can be carried out appropriately and well if the implementation refers to the foundation or the basis as the root, as well as Islamic counseling. The foundation regarding the stages of the counseling process that takes place appropriately and produces results such as the value of positive changes to counseling. The same thing was done by the Prophet Muhammad SAW, at that time he tried to invite and give direction to mankind to continue to walk for the benefit *(ma'rif)* for all mankind, providing prohibitions and prevention of everything that has more *mudhorot*. The Prophet Muhammad PBUH has expertise in overcoming the problems of individual and group human beings, and can lead them to enlightenment both physically and mentally. This statement is valid as found in the verses of the Qur'an (Mukhlas and Sofiani 2021, 26).

Human efforts in resolving conflicts are always accompanied by indecision, anxiety and stress. The lack of spiritual activities carried out by individuals is one of the reasons humans can experience shaky balance and have doubts to the loss of meaning of life and have a continuous feeling of emptiness. Of course, it causes the appearance of symptoms of stress disorders that result in discomfort for the individual who experiences it. Spirituality and religiosity are religious activities in the form of worship that are related to human aspects in life and religion. Religion is in principle the root of spirituality that can lead humanity to peace and tranquility for those who adhere to it (Sari and Haryati 2023, 5).

Religiosity and spirituality activities can affect an individual's psychological health, because both activities have a role as a parent of hope, a goal towards something, the existence of peace, and a sense of calm for individuals or groups (Tanamal 2021, 25–39). When religion becomes an individual's life goal and is well believed, the individual will feel the positive side, have high confidence, have an optimistic *mindset*, and feel calm and peaceful. This means that it can be concluded that individual religiosity is carried out in order to avoid and prevent negative behavior that tends to be considered deviant from the norm (Afifah et al. 2022, 105–8).

In navigating life in the complex modern era that causes the onset of stress and stress disorders experienced by individuals, spiritual intelligence is very important. Intelligence can be a trigger for a person to learn more about themselves, the values they have, and ways for these values to be their support in facing life problems. Not only related to religion or traditional spiritual beliefs, but spiritual intelligence has a broader relevance, some of its scopes such as related to self-awareness, empathy, patience, and expertise to move away from personal interests and find harmony and balance in life (Haryanto 2023, 8001).

In addition to having a role as a step to achieve personal goals, the development of spiritual intelligence is also a step to form a more consistent and disciplined society. In a world that has a fairly high level of pressure, spiritual intelligence is certainly one of the bright spots that can help individuals and groups in dealing with problems with good hopes, wisely and (Ikanga 2017, 72–83).

Previous research conducted by Sri Haryanto (2023) on the importance of spiritual intelligence in preventing stress disorders in the counseling guidance model shows that counselors who have in-depth knowledge and understanding of spiritual intelligence that can support individuals/counselors to achieve peace, overcome stress, and build holistic well-being and Maslina Daulay's (2021) research explains that stressful events can be overcome in several ways, One of them is by applying Islamic guidance and counseling by performing sincere prayers, dhikr to Allah SWT with a sense of peace, praying with all your heart, and reading the Qur'an. This study focuses on discussing the theoretical comparison of western

counseling approaches, namely cognitive counseling and Islamic counseling approaches in an effort to deal with stress.

The type of research uses descriptive qualitative research. The data collection technique in this study is content analysis research. The content analysis in question consists of previous researches, journal articles, *proceedings papers*, previous researches and several books related to the word holy, the meaning of holiness and the appreciation of prayer. Data analysis can be collected from content analysis and analyzed using a descriptive approach, namely examining the comparison of western and Islamic cognitive counseling techniques in dealing with stress.

2.   Research Results

2.1.   Stress and its symptoms

Stress is a condition that occurs due to a mismatch between an individual's biological, psychological, or social state and actual circumstances (Botutihe 2022). Stress is a common response, it is a disturbance of needs experienced by the body. Stress can have an impact on a person as a whole and affect a person in several aspects, such as physical, psychological, mental, knowledge or intellectual, social, and spiritual aspects (Hafsah and Safitri, 2022).

Stress can be defined as a physical and mental response such as feeling uncomfortable, uncomfortable or feeling pressure towards the demands that are being made (Daulay 2021, 288). Stress is a negative emotional experience that is reinforced by several changes, such as biochemistry, physical, cognitive, and *behavioral* that aim to change stress or overcome its consequences (Yusuf 2018, 119). Hans Selye defines stress in his book "*The Stress Of Live*" as a general response or response that the body makes to the pressure received. According to Lazarus, stress is a model of interaction between a person and his environment, which is considered to be beyond their ability and threatens their peace. Therefore, it can be concluded that stress is an individual event that shows how a person responds or acts to environmental demands (Soeharto 2004, 123).

Stress is an unpleasant condition, caused by the emotional and physiological urges that a person experiences in circumstances that are considered to have a risk of danger or threaten the peace of the individual. Stress is described by Lazarus and Folkman as a correlation between a person and his environment that is considered a task or exceeds his resources and endangers their well-being because our rational evaluation and beliefs regarding stress factors can affect how we react and deal with them, stress gives a good or bad response to action. There are several sources of stress. Sometimes, individuals act in isolation or in combination with other causes of distress (Iqba and Pratama 2021, 93–102).

Stressors are something that causes stress. Stress can occur due to relying on stressors or individual causes and responses to those stressors. Stressors include several things, such as: (Daulay 2021, 289) *First,* the natural environment, including the ambient temperature that determines its heat and cold, erratic weather changes in light and dark, noise that is too noisy, pollution, and the number of people living there. *Second*, Stressors can come from the individual themselves. A person can become tense due to conflicts about difficult duties and responsibilities authority. *Third*, Stressors caused by groups, such as relationships with friends, relationships with colleagues, relationships between seniors, relationships with juniors, and relationships with new acquaintances.

Robbins (Dewi, 2009) stated that the characteristics of stress disorders are divided into three symptoms. *First,* physiological symptoms where stress disorders can alter metabolism, there is an increase in heart rhythm and breathing, increased blood pressure, there is pain in

the head, and heart attack disease. *Second*, psychological symptoms where stress disorders can cause dissatisfaction. There are several psychological symptoms such as anxiety, tension, feelings of irritability, boredom easily, and often postponing work/activities. *Third*, behavioral symptoms where the symptoms of stress disorder are related to changes in behavior in activities, absenteeism, and employee *resignation* are increasing, changes in eating habits, increasing cigarette users and alcohol consumers, rapid speaking, feelings of worry, and sleep disorders *(insomnia)* (Iqba and Pratama 2021, 8).

2.2. Western Perspective Cognitive Counseling in Coping with Stress

Cognitive counseling is a model approach in counseling that is made to solve the challenges and problems experienced by counselors by performing cognitive restructuring of counseling behaviors that are considered deviant. The existence of negative thoughts and having feelings of discomfort can cause a person to experience psychological disorders, such as anxiety disorders to depression. Cognitive counseling is the process of providing help carried out by counselors to counselors (students) by changing their thinking patterns, avoiding the emergence of *negative mindsets*, preventing the emergence of discomfort so that students can have a healthier personality, can develop and be useful for the environment (Ginting and Martua 2018, 123–24).

One of the cognitive counseling techniques is *reframing*. According to Wiwoho, *the reframing* technique is an effort to relabel an event by changing perspectives from different angles without changing the event. This is also known as relabeling, which means rearranging the way a person views an event or behavior. (Basir, Ramli, and Atmoko 2020, 999) the reframing *technique* is a technique used in arranging impressions of emotions or thoughts that are related to events, then allocated to a new view that is better than the previous Therefore, the process of changing perceptions through cognitive counseling using *the reframing* technique is a process of cognitive restructuring by reconstructing the individual's initial impressions and then allocating them in a better frame than the past. Reframing techniques aim to fix emotional content, which can lead to lower students' academic self-concept. In addition, this technique also offers useful new perspectives that can increase students' academic confidence (Basir, Ramli, and Atmoko 2020, 1000).

In addition to *refarming*, cognitive counseling from a western perspective in overcoming stress through *stress coping techniques*. According to Rustiana and Widya (2012), they explained that *coping* is a stage of handling or a way used by individuals in overcoming situations that can cause stress. In dealing with these problems, a person will try to overcome the demands of themselves or the environment by using internal resources (Sari and Haryati 2023, 8). Therefore, *coping stress* is a scheme that is used cognitively or behaviorally in overcoming pressures from various situations that can cause stress (Cahyana, 2022).

Lazarus and Folkman (1984) explained that there are two types of coping outlines, namely: a) *Problem Focused Coping* which is a problem solving method that focuses on the causes of stress with the goal of controlling or eliminating the source of stress; b) *Emotional Focussed Coping* (EFC) is an individual effort in overcoming unpleasant emotional problems caused by the source of stress. Basically, EFC is often used when individuals overcome absolute situations (cannot be changed or controlled) (Sari and Haryati 2023, 9).

2.3. Islamic Counseling in Overcoming Stress

The Islamic counseling approach in overcoming stress can be done with various worship practices, starting from the implementation of prayer. Prayer is a worship activity that faces

Allah with several words and actions, beginning with saying takbir and ending with greetings that are carried out in accordance with Islamic religious law. Muslims are obliged to pray five times a day in full, then their souls will be free from various desires and impulses that are contrary to the provisions of Allah SWT. Individuals, especially Muslims, perform several other sunnah prayers, such as tahajud prayers on the third of the night, dhuha prayers, and hajat prayers (Muzdalifah and Rahman 2016, 491–92). Prayer has a great influence on the process of therapy for feelings of anxiety, anxiety and anxiety experienced by mankind. By performing prayers solemnly and sincerely with the intention of facing and surrendering to Allah SWT and avoiding all things or problems in life, the individual can feel calm, tranquility and peace in himself and his life (Hasanah 2019, 111).

Islamic counseling through dhikr in overcoming stress. Dhikr means to remember, remember, ponder, mention. Some of the categories that fall into the definition of dhikr are prayer, reciting the Qur'an, tasbih (purifying Allah), *tahmid* (praising Allah), *takbir* (exalting Allah), *tahlil* (praying for Allah), *istigfar* (asking for forgiveness from Allah), *hauqalah* (reciting *"lahaula wala quwwata illa billah"*), prayers, and others. When doing dhikr, the individual's mind will have strength and calm in the problems faced in life and do not deviate from the provisions of Allah SWT (Faridi 2020, 34). The verses in the Qur'an present the main guideline, good advice to the ummah to do dhikr in order to have self-defense and give strength to the soul, especially when the ummah is hit by various life pressures that can shake the soul life of the ummah (Daulay 2021, 292)).

Management in overcoming stress from an Islamic perspective is also carried out by reading the Qur'an. The Qur'an is a book that acts as a guideline for life, a guide for humans, namely Muslims, as an explanation and differentiator of guidance, as a medicine *(Syifa'),* mercy and *mauidzoh*. The Qur'an plays an outlined role and functions for the survival of mankind. The Qur'an gives people freedom in carrying out their role as servants of Allah and the Caliph in the world. The Qur'an is the choice of mankind in overcoming difficulties when carrying out its role. In addition, the Qur'an also serves as a guideline and source of inspiration for humans in carrying out and developing their lives when humans have not found solutions to improve their lives (Gymnastiar 2008, 185–86).

Strengthening spiritual intelligence in overcoming stress. Spiritual intelligence can help a person in seeing difficulties that are gaps to learn and grow, not limited to obstacles that have no solution. The ability of individuals to understand, accept, and integrate the values and meanings of spirituality in life is called spiritual intelligence. Spiritual intelligence is concerned with self-awareness of their spiritual point of view, such as feelings or correlations with something greater than themselves, understanding desired life achievements, and having expertise in finding the meaning of their life experiences. In addition to being related to certain religious practices, spiritual intelligence also has a broader scope of spiritual aspects that start from within and outside the religious context of rituals, such as learning about the value of wisdom, having principles, empathy, gratitude, having a sense of acceptance, and having good morality in daily life. (Haryanto 2023, 8001).

Another counseling technique in overcoming stress is *the halaqah* approach. *Halaqah* is an aid in the Islamic tradition that is present and develops in Islamic society. The basis, purpose and process are in accordance with the teachings and character of Islamic culture. *Halaqah* is a meaning related to the world of learning, especially in the world of Islamic learning or teaching *(tarbiyah Islamiyah).* The word *"halaqah,"* which means "circle," is often used to describe a small group of Muslims who regularly study Islam. Usually, the group numbers about 3-12 participants. *Halaqah* plays a role as a well-known Islamic learning and

da'wah system starting from the time of the Prophet to the present. However, currently *halaqah* has undergone changes and modifications. *Halaqah* is an alternative in the da'wah system and the provision of learning about Islam that is effective in making Muslims into a people who have an Islamic personality *(syakhsiyah Islamiyah).* This can be seen from the results of coaching that make many Muslims have seriousness in applying the teachings of Islam (Rosmanah 2013, 303).

Halaqah *activities* are a process that dynamically internalizes religious values, namely a mechanism of understanding, souling, and deepening the teachings of Islam that produce seriousness and self-awareness in the truth in religion and are born in the form of attitudes and behaviors. The process of internalizing religion in a continuous manner can support individuals in obtaining maximum results in religion (Rosmanah 2013, 304).

Halaqah has four functions that are the same as the counseling function, namely: prevention function (preventing individuals from committing acts that are considered deviant and can cause various psychological disorders), healing (*halaqah* which can be an alternative for individuals when facing behavioral challenges/problems or psychological disorders), maintenance (*halaqah* can manage the intellect of the individual's thoughts or feelings so that the individual's condition remains good, whether physical or spiritual, and the function of development (*halaqah* aims to support the maximum increase of one's potential, both innately and mentally, both insightfully, emotionally or spiritually). *Halaqah* serves to develop the ability to overcome stress disorders through the process of deepening Islamic values through several stages of transformation *(ta'lim),* which contain information about Islamic values. Next, there is the transaction stage *(takwin),* where the coach or *mutarobbi* interacts with each other, and the traninternalization stage *(tanfizd),* where the coach or *mutarobbi* internalizes their attitude, mental, and personality towards the participant or his mutarobbi. (Rosmanah 2013, 318–19).

3.   Conclusion

This research shows that a combination of cognitive counseling techniques and Islamic principles can effectively assist individuals in coping with stress. Using a cognitive approach, individuals are taught to recognize and change negative mindsets that can trigger stress. Overall, this combination of techniques is not only effective in reducing stress, but also promoting mental and spiritual balance, proving that a holistic approach in counseling is indispensable for individual well-being. The study recommends the application of similar counseling models in various *settings*, including educational and mental health institutions, to achieve better results in stress management.

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