



Counseling-Based Education And Psychological Support For Muslim Adolescents *Online Islami*

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Abstract. Counseling practices in this modern era seem to be increasingly dynamic and in line with developments in information technology. Counseling practices have now also penetrated the virtual world through the nuances of online counseling. This research aims to describe a practice called online counseling. The research method used uses qualitative research methods, the data collection process uses interview techniques and also uses Google Form. The subjects of this research are mainly teenagers or students. Islamic-based online counseling shows significant effectiveness in helping teenagers overcome their psychological problems. Survey and interview results show that respondents consider Islamic online counseling to be effective because of ease of access, time and cost savings, and suitability to the demands of the digital era.

Keywords: Support; psychology; teenager; online counseling; Islamic

1 Introduction

Psychology is the study of mental or psychological processes. Progress or achievement, especially health or physical development, will affect a person's mental state. It was also found that psychological conditions can affect the process of achieving health or doing physical activity. Despite the fact that mental health problems are becoming more and more common among students, they are often reluctant to seek psychological help from formal psychological service providers. Empirical studies that focus on students' barriers to seeking psychological help in Indonesia are still rare. The prevalence of mental health problems is currently increasing. According to Basic Health Research [1], the prevalence of mental health problems with symptoms of depression and anxiety at the age of 15 years and above in Indonesia is 14 million people or 6% of the total population of Indonesia. Referring to the latest WHO research, mental health is a major problem on campuses around the world [2]. The survey of 14,000 first-year students at 19 universities in 8 countries (Australia, Belgium, Germany, Mexico, Northern Ireland, South Africa, Spain, the United States) found that 35% of students stated they had at least one mental health disorder. The most common mental health disorder was major depression (21.2%), followed by generalized anxiety disorder (18.6%). Students often feel embarrassed and afraid to admit that they have mental health problems. Discussions about mental health issues often make them uncomfortable.

In Indonesia, awareness of mental health or psychological health is very important, especially in life in the current era which is increasingly advanced due to the rapid flow of technology. Basically, every individual adolescent has the ability to adjust to the social environment, but sometimes adjustment to the social environment still experiences significant difficulties, many attitudes or behaviors are shown such as aggressive behavior, undisciplined, unwilling to blend in (*nolep*), and difficulty working together in groups, and easily depressed. This is very common for teenagers in Indonesia, for example, they are often depressed due to breakups, abandoned by parents due to divorce, and bullied by peers.

Along with the development of the times, the increasingly widespread digitalization technology has two influences on the development of adolescents, especially among students, which are definitely affected. There are two impacts produced in the current era of digitalization, namely positive and negative impacts. Initially,

technology was created as a tool to facilitate the work of mankind, but the development of technology and the easier access that is carried out over time began to be abused by irresponsible people from several parties.

The negative influence of technological developments that have begun to be abused by some irresponsible parties has begun to be used as a means that should not be emulated such as: fraud, *bullying* through social media, and many more negative impacts caused by the influence of technological developments in this era. Of course, this has an impact on the psychology of teenagers in Indonesia today who are living their lives in the era of digitalization. The development of digitalization technology today is mostly reluctant for teenagers to socialize face-to-face/directly, most teenagers are now more comfortable in the house/room than mingling, of course this brings an influence on the lifestyle of today's teenagers.

There is a study written by Chou which is contained in *Journal of Personality and Social Psychology* He said that the decline in people's mental health cannot be separated from the impact and influence of globalization on lifestyle *life style* somebody [3]. The influence of the globalization era has indeed had a huge impact on teenagers, especially in Indonesia because there are so many demands that must be met so that teenagers are able to compete in this era of globalization, there is a lot of pressure that has a negative impact that will lead to a decline in mental health so that teenagers are easily irritated and emotional.

In the study written by Bohnert et al., which is written in *Journal of Adolescent Research*, The results of his research are about the relationship between activity involvement, organization, loneliness, and the quality of friendship. Deeper involvement in activities during the first year of the study saw that activities carried out simultaneously were able to improve the quality of friendships rather than loneliness and dissatisfaction in the social environment for the poor to adapt to the social environment. For those individuals who are involved in activities organized for social reasons are more likely to have good friends. The findings of the study written by Bohnert et al. show that the involvement between organized activities provides specific individuals who emerge with a context to explore and develop friendships [4].

So in this it is necessary to have psychological support for adolescents in Indonesia, teenagers who are currently entering the age of adulthood are in dire need of psychological support, because this is also a need for individuals. From the problems that have been explained above, in this case it is necessary to make an effort, namely by applying guidance in the form of education and also support with Islamic nuances for Muslim teenagers who are experiencing difficulties and also experiencing disorders/depression for their psychology, which we can apply in the era of digitalization by using various kinds of media that can be accessed and easily implemented without face-to-face which is the content of The material provided can be in the form of: awakening a balanced pattern of life between this world and the hereafter, the obligation to seek knowledge, maintaining cleanliness, maintaining *the rope of Islamic ukhwah*, learning a simple lifestyle like the Messenger.

In terms of providing education and guidance to teenagers, we can also carry it out online, in this case it is certainly easier because everyone certainly has problems related to their time so that we can carry out this Islamic-based online counseling without face-to-face, in addition to easy access, it also certainly saves time and effort because it can be accessed at any time. The media used in terms of carrying out Islamic online counseling varies and can be used through *the WhatsApp platform, google meet*, and also *cybercounseling*. Of course, this is an innovation that we can develop in the field of counseling where we can help teenagers to provide education or learning and also support them in terms of psychology, because teenagers today do need this. The provision of these services can be carried out in groups or individually, of course, with this Islamic online counseling it is hoped that it can contribute and contribute positive things to the psychological development of adolescents in Indonesia, especially for Muslim adolescents and also with this online counseling can remove the negative influence that is currently running in the digitalization era.

2 Method

The type of data contained in this study is qualitative data through data collection obtained through the results of observations or interviews conducted by data reduction, data presentation and drawing conclusions is one of the data analysis. According to Moleong, the main data in qualitative research are words and actions, the rest is additional data such as documents and others [5]. The data used in this study are primary data and secondary data, which means:

- a. Primary data is data obtained directly from the original source (not through intermediaries) [6]. Primary data in this study were obtained through observation and interviews with adolescents in the student environment. The type of data is in the form of the words and actions of people observed or interviewed

and then recorded through written records. Data collection through direct observation and interviews is intended so that the data obtained by researchers comes from direct sources, so the data obtained will be more reliable and accountable.

- b. Secondary data is data that is obtained indirectly, for example from other people or through documents. General documents and other information related to this study. This data collection is intended to strengthen the primary data that the researcher has obtained. Data collection tools using interview conducted directly to a number of informants who can be considered as members of the required knowledge. In this case, the interview is conducted by providing several questions that have been prepared by the researcher which later need to be answered by the resource person as a finding material. This resource person for teenagers who are currently occupying lectures/students and several female students, to know what is needed and what they want to give to the psychological fulfillment of teenagers. After that using google document as media to providing several questions that can later be answered by providing some opinions or suggestions, the use of this media is quite effective because there is no need to make an appointment with a distant source.

Data analysis use based on the answers to several questions given to the resource persons obtained through direct interviews whose results are recorded and recorded directly by the author. After the entire research process is completed, the author then begins to process the data obtained from the results of interviews and observations and then explained. Data analysis is the process of systematically searching and compiling data obtained from the results of interviews and field records, and documentation on how to organize data into categories, spread into units, choose which ones are important and which ones are important to learn and draw conclusions so that they are easy to understand.

3 Results and Discussion

Psychological Definition

Psychological can be interpreted as a study that explains behavior and also relationships between people. The behavior of a person or individual does not only consist of actions that can be seen but it is all reactions to all the circumstances that exist inside and the influence of various aspects of the environment [7]. The difference between psychological nature and psychology is that psychology is a science that is listed in the field or study of psychology while psychology is a science that studies psychology or mentality. Psychology is also called psychic, which is a state or condition of something that cannot be seen directly with the five senses, such as the content of thoughts, feelings, and knowledge. It is commonly referred to as 'What is a person's psychological condition?' The meaning is the same as a person's mental or spiritual state, it can be in the form of thoughts, feelings, and so on.

Etymologically, the term psychology comes from the Greek word *psyche* which means "soul" and *logos* which means "knowledge". So, basically, Harifah, psychology means the science of the soul, or the science that studies psychiatric phenomena [8]. In the study of Islamic literature, especially on *classical treasures* in the Middle Ages, the word *syakhsiyah* comes from the word "*syakh*" which means personal the word is given "*ya' nisbath*" so that it becomes an artificial noun (masdar *Shina'ya*) *Shakhsiyah* which means personality. That is, the *terminology of syakhsiyah* that is commonly used in the terminology of western personality psychology whose essence is more about describing the character, traits, or unique behavior of each individual, while the *terminology of akhlaq* refers to the assessment of the good or bad behavior of a behavior. In observing a condition and situation of community life, namely from the psychological aspects from which are triggered in concepts, views and direction trends towards the safety of life, although some of them succeed and among them encounter dissatisfaction. Even prophets like the prophet Muhammad SAW. In guiding and directing the lives of his people, on psychological factors that are in accordance with trends, the progress of community development. Every revelation given to him contains psychological values that apply throughout time [9].

Besides that, the way the Prophet conveyed revelations to the people, the Prophet also based on psychological factors both individually and in social groups and so on. With this adjustment, humans are placed in a high position. Man is at the center of all experiences and networks with his world and the ultimate determinant of his own destiny and the fate of others, as humanistic and transpersonal psychologists believe [10]. This dissatisfaction with western psychological theories has caused many Muslim psychologists to be moved to emerge alternative psychology as a new school in the world of psychology, namely Islamic

psychology, psychology that has an Islamic paradigm in accordance with the Qur'an and as-Sunnah. Psychological openness is very important for a teacher, especially among teenagers whose position is as a role model for students. In addition to the positive position that a teacher has in psychological openness, namely:

- a) Psychological inadequacy is an important precondition or requirement that teachers must have to understand the thoughts and feelings of others.
- b) Psychological openness is needed to create an atmosphere of interpersonal relationships between teachers and students to develop themselves freely without hindrance.

When psychological communication is established, a teacher has built mutual trust in his students so that students will psychologically open themselves to new information and communication that will be able to change their thinking patterns and behavior patterns. Quoted from a journal written by Asyraf et al, Ryff and K. argue that psychological well-being is a term that can be used to describe the psychological health of people who primarily exhibit positive psychological functioning [11]. Psychological well-being is defined as an individual's ability to accept his or her various strengths and weaknesses, establish good relationships with others, be able to face or be independent in dealing with social pressure, have meaning in his life, be able to control his environment, and to recognize his own abilities.

Concept of Adolescent Psychological Education and Support

Individuals go through a transition period as they progress through each stage of development. The transition period in the developmental stage occurs when the child becomes a teenager and then becomes an adult. Individual transition periods occur during their school years, in addition to transitions between developmental stages. School transition is the transfer of students from the previous school to a new school with a higher level. Starting from elementary school to junior high school, high school, to college [12]. Adolescents must adapt to these changes on a personal and social level. Therefore, adolescents must develop good communication skills with their peers both inside and outside [13]. According to Schneiders [14], self-adjustment is a process that includes mental and behavioral responses in which individuals try to overcome and master inner needs, tensions, frustrations, and conflicts, so that there is harmony between the demands of oneself in him and the demands or expectations of the environment in which he lives. According to the findings [15], the relationship between self-concept and school adjustment in superior students is positive and significant.

Peer social support is social support provided by peers who can provide advice to adolescents on how to socialize with the surrounding environment. In addition, it can provide feedback on what adolescents are doing in their groups and social environment, as well as provide opportunities for adolescents to explore various roles in resolving crises and developing their self-identity optimally. Pratama and Diana found a significant positive relationship between social support from peers and learning motivation, which shows that the higher the social support from peers, the greater the motivation to learn. What happened was the opposite [16].

Humans as social support creatures cannot live alone without the presence of others. Physical needs (clothing, food, board), social needs (socialization, recognition, school, work), and psychological needs, including curiosity, security, and religious feelings, are impossible to meet without the help of others. According to Sarason [17], social support is the existence, willingness, care, and people who can be relied upon, respect and love us. According to Bandura [18] Adolescence became a time of conflict and rebellion because it overemphasized the expression of disobedience freely and lightly. According to Sarafino [19], peers are an important source of emotional support throughout the adolescent transition. Peer social support is the support provided to individuals by their peer groups in the form of physical and psychological comfort so that individuals feel loved, cared for, and valued as part of a social group.

The Concept of Islamic Online Counseling

The Qur'an is such a wonderful holy book that no one can weigh it; In addition, the Quran challenges anyone who reads it to make a complete copy. The next challenge is to create ten surahs similar to the Quran, with the final challenge being to compose, say, one surah, but no one can do it. This is the miracle of the Quran. Indonesia has great potential or opportunity for the development of counseling through new media. However, in Indonesia, the relationship between counselors and counselors is usually maintained through face-to-face meetings. All activities between counselors and counselors only occur when they meet in person. To overcome this, another option was developed as a solution. The problem is that the counseling process through the internet does not adhere to the ethical principles of counselor professionalism [20].

Online counseling, also known as *cybercounseling*, has been practiced in many parts of the world using various social media, including *Facebook*, *Friendster*, *Hi5*, *Multiply* and *Myspace*. But among the five types of social media, the world's population is the largest. I use a lot *Facebook*. This is because *Facebook* is also the most popular social media platform in Indonesia [21]. Therefore, counseling services *Online*. Most people use Facebook to provide counseling services. This technological advancement provides many benefits in counseling services, including assessment, information, counseling, consultation, planning, placement, follow-up, and evaluation services [22]. This also applies to the field of family counseling.

Online counseling based on Islam, of course, in the counseling services provided bring Islamic values and also the material that is presented carries teachings about the Islamic religious approach. For example, regarding the provision of household guidance services, in Islam there are several demands for married life. In the process of coaching which becomes the material for coaching, of course, by providing various ways and forms that are in accordance with the guidance of Islam with the teachings brought by the Prophet Muhammad SAW.

The essence of Islamic guidance and counseling is an effort to help individuals learn to improve the nature of faith and return to the nature of faith by empowering their nature (physical, spiritual, nafs, and faith) to pursue and carry out demands. Allah and His Messenger so that the natural qualities found in the human body can function properly and correctly. Finally, it is hoped that humans can survive and find true happiness both in this world and in the hereafter.

Forms of Education and Support for Adolescent Psychology

a. Peer social support

House Mahmudi, identifies four types or dimensions of peer social support:

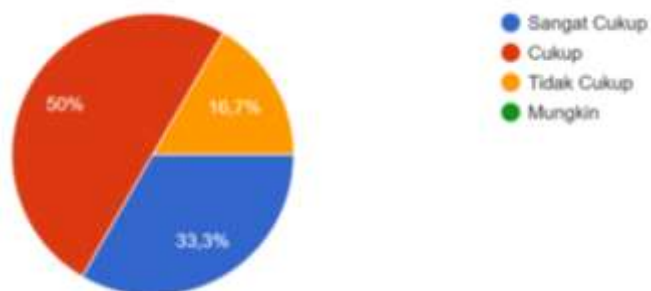
1. Emotional support: This includes expressions of empathy and concern for the person in question.
2. Appreciative support is shown through positive expressions of respect (appreciation) towards the person, as well as forward encouragement or approval of the individual's ideas or feelings.
3. Instrumental support: This includes direct assistance, such as lending money to the person or helping with work when they are experiencing stress.
4. Informative support includes providing advice, instructions, suggestions, or feedback.

Meanwhile, Sheridan and Radmacher Azizah, divide peer social support into five forms, namely:

1. Instrumental support is in the form of providing materials that can provide direct assistance, such as loans, goods, food, and services.
2. Informational support, which is the provision of information, advice, or feedback regarding individual situations and conditions.
3. Emotional support: This makes individuals feel comfortable, confident, cared for, and loved by social support sources, allowing them to deal with problems effectively.
4. Self-esteem support can be in the form of positive appreciation of the individual, encouragement, approval of the individual's opinion, and positive comparison of others.
5. Social group support makes people feel like they belong to a community that shares similar interests and social activities.

In the opinion of the experts presented above, there are four types of peer social support: instrumental support, informational support, emotional support, and reward support.

From the results of the survey of respondents conducted using *google form* media related to the question "*Do you feel that you get enough support from the people around you when facing mental health problems?*" From the results of the survey of 12 respondents, it is shown in the diagram below:



From the results of the survey of the 12 respondents, more answered "Enough" will get support from people around or those closest to them.

From the day of the interview conducted to the students (ZK) in which he gave his opinion:
"As peers, yes, we must always give advice to our peers and also we must be able to motivate them so that they remain enthusiastic in living their lives".

Then to female students (ZDW) she also gave her views related to the support that must be given to fellow teenagers, namely:

"We as friends must also be able to be friends of stories for peers, friends must be able to be a good place for other friends so that we can share and find a way out together, as friends we must be able to support "

Furthermore, the female student (HF) gave her views:

"That's the importance of this friendship, we can talk about sharing about what problems are faced and also we can together find a solution to what problems are faced by our friends".

Then a female student (RM) also gave her views:

"Be a good listener for him, persuade him to want to convey what he is feeling, give him motivation and positive affirmations for him and remind him to continue to carry out his obligation (worship) to ask for guidance from Allah".

Furthermore, the female student (KFR) explained that related to the support for adolescents physiologically, she explained that:

"One of the simple ways is to be a good listener. Sometimes just telling a story and being listened to may help them feel better. Furthermore, by giving support and encouragement, always convince that there are still people who care about him and encourage him that he is very good to survive so far and maybe provide help such as helping with his small tasks".

b. Parental support

As parents, parents as examples and also leaders in the household must certainly care about the condition of their children, parents must also be alert and must also be able to be protectors for their children. For this reason, parents must be able to understand the psychological state of their children. However, most parents are indifferent and indifferent to their own children, there are still many parents who are indifferent to their own children and even have no concern at all. This is certainly a problem for teenagers. For this reason, the researcher will present some of the results of interviews with teenagers/students: One of the female students (NH) explained that:

"The role of parents is indeed very impactful. For children's psychology, it even has a big influence because parents are essentially guiding and fostering, so because the parents were indifferent to their children, most of these teenagers are far from their parents, and

far from Islam, this is a psychological condition that we should not emulate but is vulnerable to occur among teenagers".

Then one of the female students (F) also explained:

"The form of support that parents can do can be through an approach with their children first, then parents must appreciate the performance or achievements that are still not in accordance with the expectations of the parents, people know that their role is quite vital for the child's psychology so parents must be able to support and appreciate their children".

From the results of interviews conducted from some of these students, we can conclude that, every teenager and also as a peer who is in the same environment as him:

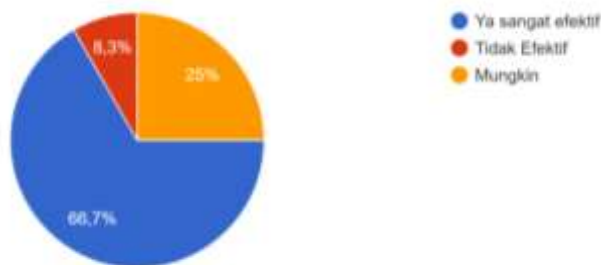
1. Peers must be able to *support* when a friend is down and depressed over the demands they are experiencing, friends must be able to be someone who cares about them, friends must be able to be calm and also a good encouragement.
2. Peers must be able to be good listeners, a friend must indeed be open and also sharing or sharing stories about the problems faced, this is also a concern for all of us that every problem that is addressed does not always have to be faced by ourselves but we also have to share, tell stories so that the problems we face find a way out.
3. Peers must always give appreciation for the achievements that have been obtained by their peers, of course this appreciation is a simple way but gives a good meaning to their peers.

So in this case, peers have a considerable impact and influence on the psychological support experienced by other adolescents, and also this certainly brings a positive influence. Because every individual is not always able to solve their own problems, in essence humans as social creatures also need others.

The Effectiveness of Islamic Online Counseling Innovation Among Adolescents

In the current era, teenagers are indeed vulnerable to depression and also stress due to the increasing demands of the times, and also a lot of social pressure resulting from broken friendship patterns. With the advancement of communication technology and counseling, it seems that these two fields have new practical concepts. Communication skills are the most important aspect of counseling discussions. Effective communication practices support the initial concept of curative counseling, which is related to problem solving and leads to guidance to prevent the recurrence of problems. In general, counseling goes through developmental stages. Counseling was initially oriented towards a traditional clinical approach that focused only on counsellors, but is now more oriented towards social development and prevention. In addition, counseling does not always focus on one problem or area only. Counseling, for example, is now used not only in education to control and monitor student attitudes, but also in health, office, and family service settings. In addition, counseling services have also improved, especially through the use of online features and facilities.

Islamic guidance and counseling is a scientific field that is sourced from the Qur'an and other sciences that have existed before. Islamic counseling provides guidance based on the sunnah of the Prophet and the Quran. Islamic guidance helps and guides individuals in life according to God's instructions and provisions. Living according to God's provisions means adjusting to the nature and essence of God's creatures, while living according to God's instructions means obeying the guidelines set by God through His Messenger. Then from the results of the survey of the 13 respondents related to the effectiveness of providing Islamic online counseling shown in the diagram:



From the results of a survey conducted with *google form media*, the students answered that Islamic counseling is certainly very effective in doing so, especially now with the development of digital technology that helps adolescents access the needs of counseling services for their psychology. For this reason, the researcher also explained the results of the interview, namely: From one of the students (DS) explained his opinion that:

"This era is digital... So by being able to access online media, of course we can save money and time, so teenagers who really need counseling services, with this online counseling can help. It is very effective for us teenagers".

Then one of the speakers who is also a female student (ISC) explained:

"Islamic-based online counseling is very effective for teenagers. In addition to being easy to access, it also saves a lot of expenses, of course, we also adjust this online concept to the guidance of the times which are currently all online, yes, we adapt to this era".

Then from the results of interviews with students (DD) he explained that:

"Online media does make it easier for us... In addition to being easy to access, the concept of Islamic counseling carried out online is certainly a very useful innovation, yes... For us teenagers, it's easy for us to set a schedule and it can be done at any time and not be embarrassed by having to meet face-to-face".

Furthermore, a female student (FI) also explained that:

"This online media helps us for students who are depressed, so when we want to consult with counselors, we just have to sit quietly in place without buying a lot of time for appointments at the counselor's place, yes... So this online counseling is very effective".

Then from an interview conducted with one of the female students (IH) he explained:

"In adolescence, it is indeed vulnerable... And very close to the so-called stress or depression so it has an impact on the psychology, yes so we can use this Islamic online counseling media, of course it is very effective in terms of time for customers, we also as Muslims of course the material given refers to our religious values. Moreover, we in adolescence are more preoccupied with our own activities and rarely get closer to Allah, for that reason this Islamic online counseling is very effective and helps those of us who rarely participate in recitation etc.

From the results of the interview above, it can be concluded that the existence of Islamic-based online counseling certainly saves time, costs, and is also very useful for teenagers who have shyness, because the concept of online counseling is carried out online without having to face to face. Furthermore, related to the material provided in this Islamic online counseling, of course, it must contain Islamic religious teachings such as deepening with the holy book of the Qur'an as well as with the hadiths and sunnatullah brought by the prophet Muhammad SAW.

Utilization of Whatsapp Platform , cybercounseling, google meet.

In this concept of online counseling, of course, it requires media or platforms that help to access online applications or sites that are used as a form of education and psychological support for Muslim adolescents. Through online media such as *whatsapp, cybercounseling, google meet* really helps Muslim teenagers in finding support and education that may not be available in the surrounding environment and feeling more free to tell stories or *share* with communities in online media. The following is an explanation related to the use of *the Whatsapp Platform, cybercounseling, google meet* as a form of support and education related to mental health in Muslim adolescents:

1. Whatsapp

Whatsapp It has become one of the most widely used online communications in all circles, including Muslim teenagers. This is because users *WhatsApp* feel more comfortable when communicating through *WhatsApp*, they can easily say anything and express everything, both feelings and so on that cannot be expressed when meeting in person. This is in line with research Pratiwi et al which states that *WhatsApp* is one of the effective communication media and can be used to send messages, images, videos, and make calls by utilizing internet data packages at no additional cost [23]. Superiority *WhatsApp* As a health promotion media, it lies in the ease of access to materials and cost efficiency. Moreover *WhatsApp* has interesting features that allow sending images, sounds, videos, files, and location or GPS.

Through *WhatsApp*, counselors or educators can provide personal support to Muslim adolescents. By using the text messaging, voice call, and video messaging features, counselors can establish more intense and in-depth communication. Teens can feel more comfortable talking about their problems in a more private and informal setting. Furthermore, creating a *special WhatsApp* group for Muslim teenagers can be a very effective platform to share experiences and discuss various challenges. In this group, adolescents can provide emotional support and motivation to each other with guidance from a counselor or educator. This group can also serve as a place to disseminate important and educational information about mental health and Islamic life. Groups can also be used to send content such as articles about mental health, Islamic study tips, or motivational advice can be easily disseminated. In this way, Muslim teenagers get access to relevant and useful information on a regular basis.

2. Cybercounseling

Cybercounseling is a form of counseling carried out with online media. *Cybercounseling* It is interpreted as the counseling process provided by the counselor to the counselor using electronic media connected through the internet network. *Cybercounseling* allowing counseling sessions to be conducted efficiently without the need for face-to-face meetings. This method is very helpful for introverted counselors, because they can more easily convey the intentions and problems they want to express through *cybercounseling* [24].

Cybercounseling allows Muslim youth throughout the region, even in remote areas, to receive psychological support. They don't have to travel far or leave the house to meet with a counselor. Some Muslim teenagers may feel more comfortable discussing their personal problems anonymously. *Cybercounseling* provides a safe space where they can express their feelings without fear of stigma or rejection from others. Cybercounseling services are becoming more and more flexible in terms of timing. Adolescents can attend counseling sessions at a time that is most convenient for them, thus allowing them to resume their daily activities without any distractions.

In the article Pratama et al mentioned the advantages and disadvantages of the service *cybercounseling*. The advantages *cybercounseling* are as follows: 1. When a shy counselor who comes in person (face-to-face) to ask for help can voluntarily participate in online consultations; 2. Reach a wider audience; 3. Implementation of mutual agreement (between counselors and counselors), anytime and anywhere; 4. Even though physical and verbal cues are invisible and supervised, in general, the person consulted is more likely to respond to express the feelings and thoughts they are experiencing; 5. The existence of this advantage means that counselors must have practical and theoretical abilities in implementing online consultations [25].

Overall, in addition to the advantages, cybercounseling also has several disadvantages/disadvantages as follows: 1) In its implementation, cyber counseling shows that counselors are less able to give full attention, such as through body language and facial expressions; 2) The absence of dynamics in the counseling process, such as deep attention between the counselor and the counselor; 3) There is no comprehensive control over behaviors that can weaken the dynamics of counseling. Therefore, a counselor is expected to have high imagination and the ability to interpret words, emojis, and other animations that are commonly used in communication.

3. Google Meet

Google Meet is a video conferencing platform that can be used for various educational purposes and psychological support. The platform allows for virtual face-to-face counseling sessions, which offers a more personalized and immersive experience compared to text or voice communication alone. It assists the counselor in reading facial expressions and body language, which is very important in the counseling process. Google

Meet can also be used to host webinars or workshops that discuss topics of mental health, education, and other issues relevant to Muslim youth. Through this webinar, teenagers can get information from experts and interact in question and answer sessions. Additionally, creating a virtual support group on Google Meet allows teens to meet online, discuss, and provide support to each other. These groups can be guided by experienced counselors or facilitators, creating a safe and supportive environment.

4 Conclusion

Social support from peers and parents, has an important role in supporting adolescent mental health. Peers can provide emotional, informational, and rewarding support, as well as be good listeners in coping with problems. On the other hand, parents also have a big role to play in providing emotional support and appreciation to their children. Islamic-based online counseling has shown significant effectiveness in helping adolescents overcome their psychological problems. The results of the survey and interviews show that respondents consider Islamic online counseling to be effective because of its ease of access, time and cost savings, and suitability with the demands of the all-digital era. Islamic-based online counseling not only presents practical solutions in overcoming adolescent psychological problems, but also enriches the counseling experience with spiritual and moral values from Islamic teachings. This proves that this approach has great potential in helping adolescents strengthen their mental health in a holistic and integrated way. The use of platforms such as *WhatsApp*, *cybercounseling*, and *Google Meet* is an effective solution in providing support and education related to mental health for Muslim adolescents. *WhatsApp* provides flexibility in communication, allowing teens to share information, get support, and learn together in special groups. *Cybercounseling* opens access for adolescents to get guidance anonymously, flexibly, and efficiently without the need to meet face-to-face. However, keep in mind that cybercounseling also has disadvantages, such as a lack of dynamics in the counseling process. Meanwhile, *Google Meet* provides an immersive and personalized virtual face-to-face experience, facilitates more intimate and interactive counseling sessions, and supports webinars and online support groups.

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