



# Islamic Counselling Innovation for Successful Aging in The Global Era

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**Abstract.** The paper aims to describe a holistic and integrated approach to address the challenges of aging through Islamic Counseling in the global era. The method employed in the study is a literature review with the data selected based on relevant keywords: successful aging, successful aging principles, successful aging criteria, treatment strategies for successful aging, and technology information for successful aging. The data were based on ISI's Web of Science, Scopus, PubMed, Science Direct, and Google Scholar. The findings show that combining Islamic values, appropriate technology application, and attention to physical, psychological, and spiritual balance enables Islamic counseling to guide Muslim communities toward successful and meaningful aging. This innovative approach offers a comprehensive framework for addressing the complexities of aging, ensuring a more fulfilling and purposeful life for individuals as they navigate this significant life stage.

**Keywords:** Islamic counselling innovation, successful aging, global era, elderly

## 1 Introduction

The number of elderly is increasing from year to year. It is predicted that the number of people aged 65 and 80 years old and above will have surpassed two million and one million, respectively, by 2050 [1]. Since 2021, the Indonesian population has been dominated by elderly people. It means that one out of ten people in Indonesia is elderly [2]. Hence, the need for innovation in integrative counseling services for the elderly becomes a collective consciousness, allowing the elderly people in Indonesia to attain successful aging in the global era. Becoming old is an inevitable part of the human life cycle that includes physical, cognitive, mental, spiritual, and psychosocial changes [3]. In the global era, elderly people are faced with challenges to understand and healthy aging process. However, problems related to life challenges of the elderly, such as aloneness, loneliness, and mental health imply the elderly's life quality. Similarly, an individual's strategies in overcoming the aging process imply their life quality [4]. One of the crucial aspects influencing the elderly's life quality includes mental, emotional, and spiritual well-being [5], [6]. With the complexity of the global era, Islamic counseling services emerge with promising innovations to guide individuals to successful aging physically, spiritually, and psychologically. Islamic counseling helps individuals to develop their potential in terms of logic, mental condition, faith, and belief. It can also help them to overcome life problems properly, appropriately, and independently based on the Quran and Hadith [7]. Islamic counseling teaches individuals to understand and accept themselves, comprehend and make adaptations, build harmonious relationships with others, diagnose problems, develop religious awareness, and live life in accordance with the provisions and guidance of Allah subhanahu wa ta'ala [8], [9], [10]. Further, in relevance to the global era, the rapid advancement of science and technology presents positive and negative impacts on human life, including that of the elderly.

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The need for scientific reasoning in Guidance and Counseling services becomes crucial in the global era since the elderly live life differently, especially with the emergence of information and technology products. The global era with its rapid development can be utilized for guidance and counseling services for elderly people. Despite the challenges, sophisticated digital technologies have inspired people to create innovation in guidance and counseling services. Therefore, the present study attempts to respond to the urgency of Islamic counseling innovation to help individuals prepare themselves for successful aging in the global era. The discussion focuses on the concepts and mapping of successful aging in Islam as well as Islamic Counseling innovation to support successful aging.

## **2 Research Methods**

The research was conducted to formulate the ideas of Islamic counseling development through the utilization of technology for the elderly, especially to help them attain successful aging. The study began by reviewing research with relevant keywords: successful aging, counseling or treatment for successful aging, and technology information for successful aging. The next stage is examining articles, especially the title and abstract, through ISI's Web of Science, Scopus, PubMed, Science Direct databases, and Google Scholar. The process aimed to identify and select documents related to the study and exclude the irrelevant ones. As a follow-up, the articles were reviewed to determine their relevance to the research purposes. Since the studies of counseling for successful aging for elderly people in Islam are rare, the findings were discussed by integrating the research findings on successful aging and their relevance with counseling, the utilization of information technology, and Islamic values.

## **3 Results and Discussion**

### **A. Mapping The Research on Successful Aging And Counseling Services For The Elderly**

Successful aging is a term overlapping with various concepts, such as positive aging, aging well, productive aging, and healthy aging. One of the issues underlying the debate is whether the concept must be determined based on objective or subjective values [11]. According to Harvighurst, successful aging is a maximum satisfaction [12], and it has three main components: avoiding disease and disability, high cognitive and physical function, and engagement with life [13], [14], [15]. Considering Rowe and Kahn's framework, McArthur studied successful aging objectively and distinguished successful aging using physical and cognitive score criteria. One of the popular successful aging models is SOC, which was introduced by Baltes. It is to show how elderly people adapt to their aging process. In recent years, new terms have been proposed for the concept of successful aging, such as gerotranscendence [3] and harmonious aging [12]. However, other research has not reached any conclusion about the dimension of successful aging [16]. Factors influencing successful aging include connectedness [17], individual (sex, age, education, occupation, salary, smoking habits, and physical activities) [18], [19], [20], environment [21], ageism and ableism issues [22], psychological resilience [23], [24], and community participation [21]. Further, Rowe and Kahn specified two elements constituting the construct of successful aging: a) social relations, which is an individual's participation in social networking that helps elderly people to improve their physical performance, and b) productive activities, which is an individual's abilities to perform actively and productively, either he/she earns money or not [13].

Research concerning counseling and its relevance with successful aging has focused more on treatment strategies, such as promotive [25] and preventive [26], [27].

Nevertheless, it focuses less on curative. Other studies also focused on the determining factors of death, illness, and disability in the elderly [28]. Much research has been conducted to review the modifiers and interventions to improve aging processes. Their results indicated some common strategies to promote aging processes for people with mental disorders, which are related to premature aging [29]. Successful aging strategies as a characteristic or intervention can be modified to improve the functions of elderly people, allowing them to age normally. The most updated research on intervention for elderly people emphasized physical activities [30], nutrition [31], and cognitive training [32]. Counseling treatment for the elderly based on the literature review takes the form of complementary and alternative therapies, social interventions, and interventions focusing on positive psychological improvement [33].

Research on successful aging in Islamic counseling attempts to integrate Islamic concepts of aging and acceptance in overcoming changes. Aging in the Islamic context is viewed as a natural part of the life cycle that should be faced with fortitude, gratitude, and acceptance toward destiny [34]. It means that successful aging in Islamic perspective is not only about mental health but also spiritual growth and preservation of religious values [35]. Counseling for elderly people in Islam becomes a comprehensive approach regarding all aspects of life, either physical, mental, spiritual, or social, that aims to help elderly people age with optimism, faith, and meaningful attitude in accordance with Islamic teachings. Counseling for elderly people in Islam considers their spiritual growth by inviting them to get close to Allah through their awareness of the Oneness and spiritual well-being [36]. It manifests in ritual worship, prayers, dhikr, fasting, Quran recital, changing perception and life purposes, awareness to act religiously, experience in prayer, and self-reflection [37]. The spiritual approach helps elderly people find peace, happiness, and meaning in dealing with their aging processes [38].

### **B. Islamic Counseling Innovation to Support Successful Aging for the Elderly**

Innovation means an introduction to a new idea as a manifestation of success that is characterized by improvement towards betterment. More specifically, innovation in Islamic counseling engages actions or creative ideas that contain transformations of knowledge into a new product. The creative ideas in Islamic counseling supporting successful aging for elderly people require counselors to make innovations. Two aspects of innovation can be created by counselors for successful aging: innovation model and counseling strategies innovation. Islamic counseling model innovation has great potential to facilitate successful aging during the global era. The innovation is created by integrating Islamic principles that focus on physical, cognitive, and spiritual health, as well as the elderly people's active participation in life. There are three crucial aspects of Islamic counseling innovation for successful aging. First, the Islamic counseling model is developed to help elderly people minimize the risks of illness and disability by assisting them to build an in-depth understanding of the significance of maintaining health and a healthy lifestyle in accordance with Islamic teachings. It covers a balanced diet, exercise, and medical prevention treatment in accordance with Islamic values. Second, Islamic counseling is developed to maintain physical and cognitive functions. Further, Islamic counseling can implement crucial values, such as tenacity, patience, and respect toward an individual's developmental processes. It can encourage individuals to stay active physically and intellectually through light practices, mental exercise, or continuous learning. Third, Islamic counseling is developed to facilitate the elderly's active participation in life by providing guidance about how to live a meaningful life, help others, and engage in social, cultural, volunteering, or religious activities.

Through the holistic approach, Islamic counseling helps individuals enter the aging process appropriately [37] with a greater belief and preparedness. It also enables them to live a meaningful and satisfying life in their aging period. Below is an illustration of counseling for successful aging.

**Figure. 1. Illustration Counseling for Successful Aging Models**

Model innovation is related to Islamic counseling strategies in facilitating successful aging for the elderly. The global era has been connected digitally, allowing Islamic counseling to adopt innovative strategies utilizing information and technology [39] to support successful aging. First, counseling can employ AI-based information technology [40] to minimize the risks of illness and disability by providing easy access to information about health, nutrition, and healthy lifestyles in accordance with Islamic teachings. Through a mobile application, websites, or social media, individuals can retrieve the necessary information to maintain their health which allows them to reduce any risks of illness or disability commonly related to aging. For example, various studies concluded that frequent motivational telephone reminders did not increase adherence to strength-training exercises for elderly people with knee osteoarthritis who had participated in an exercise program [41]. Second, information technology can also be utilized to encourage the elderly to take active participation by accessing online communities and supporting social resources [42], [43]. Through online forums, group discussions, or a specific application for the elderly, individuals can stay connected to each other and engage in meaningful activities that give them purpose and expose them to social engagement significant for their psychological well-being although they live on their own.

Third, Islamic counseling can utilize information technology to maximize the individual's positive spiritual dimension by providing resources such as prayer applications, dhikr, or records of religious lectures online. Hence, elderly people can strengthen their connection with spiritual and religious values, find calm and peace in themselves, and overcome the challenges and uncertainty of the aging process. Fourth, information technology can also be used to maximize elderly people's physical and mental abilities by providing physical and cognitive exercises that can be accessed online. Through the application of brain exercise or physical exercise videos, elderly people can design routines based on their needs and preferences. This helps them to maintain their physical and cognitive health effectively during the aging process. The utilization of information technology in Islamic counseling can be conducted by adopting innovative strategies that facilitate efficient and affordable successful aging. Access to information, resources, and relevant programs helps elderly people gain services for their physical, mental, and spiritual health and assists them in active engagement in a meaningful life in the global era.

#### **4 Conclusion**

Innovation in Islamic counseling for successful aging offers a holistic and integrated approach to overcoming the challenges of aging. By integrating Islamic values, appropriate technology implementation, and concern towards physical, psychological, and spiritual balance, Islamic counseling becomes a pioneer in guiding Muslim people toward successful and meaningful aging.

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