



# Islamic Counselor in Education

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## Abstract

Counselor is a person who serves counseling, advisory, counseling. This shows that the counselor is someone who provides assistance to a client using counseling techniques. This study aims to analyze what a counselor is, what are the characters and characteristics of Islamic counselors, what are the requirements and duties of Islamic counselors, and what is the relationship between teachers and counselors, especially Islamic counselors. This research uses the Literature Review method. Data sources obtained in the form of articles or journals and books relevant to the topic. The results of the analysis in this study show that there are definitions, characters, characteristics, requirements, duties, and relationships of teachers to counselors. The results of this study can be used as initial data for subsequent researchers in studying this problem in different contexts and issues.

## INTRODUCTION

Counseling is an important process in helping individuals face various challenges and problems in their lives. In the Muslim context, Islamic counseling becomes relevant, as it considers not only psychological and social aspects, but also spiritual ones (Dewi & Lubis, 2024; Faizah et al., 2025; Firosad, 2020; Hartono, 2019; Puteri et al., 2025; Sukatin et al., 2022). Islamic counselors act as guides who help clients find solutions that are in accordance with Islamic teachings, so that they can live a more meaningful and balanced life. To be an effective counselor, there are certain requirements that must be met (Desty Malika & Isak Iskandar, 2025). These requirements include spiritual, moral and professional aspects that are important for building trust and good relationships with clients. In addition, Islamic counselors have specific tasks to perform, ranging from providing spiritual guidance to supporting mental and emotional health (Dalih et al., 2025; Ermaliani & Ramadan, 2022).

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However, not only are the requirements and duties considered, the responsibilities of Islamic counselors are also crucial in carrying out their role. These responsibilities include keeping secrets, acting in accordance with Islamic teachings. And respecting the client. By fulfilling the requirements, performing the duties, and carrying out these responsibilities, Islamic counselors can make a significant contribution in helping individuals achieve holistic well-being, both spiritually, and mentally.

In this modern era, the increasingly complex challenges of life ranging from social pressures to spiritual crises make Islamic counseling a very relevant approach (Engkizar et al., 2020; Khotijah, 2024; Nurussobah & Akhmad Aidil Fitra, 2025). This counseling model not only focuses on psychological and social aspects, but also interacts with the spiritual dimension so that the solutions offered are in accordance with Islamic values and are able to provide life balance for clients. This is in line with the holistic concept in Islam that sees humans as physical and spiritual beings that complement each other.

A book entitled *Islamic counseling: An introduction to theory and practice*, explains that Islamic counseling builds theory and practice from the teachings of the Qur'an, sunnah and Islamic ethical principles, and adapts psychotherapeutic techniques in accordance with the Islamic value framework. The discussion asserts that this counseling model accepts approaches from modern psychology, such as behavioral, as long as they are consistent with religious values, and strengthens the element of *nasihah* as giving advice that builds the client's spirit and mentality (Engkizar et al., 2021; Miftahul Huda et al., 2023; Rostini, 2021; Zulfhadli, 2023).

To be effective, an Islamic counselor must meet certain spiritual, moral, and professional requirements. High ethics, noble character and academic ability are the minimum requirements, as well as a caring character based on faith and Islamic example. This includes the ability to empathize, *tawadu'* and patience which also reflects the value of *akhlaqul karimah* in the practice of Islamic counseling.

In carrying out their role, Islamic counselors not only give advice, they also model Islamic morals, observe social situations and develop intervention programs that are balanced between psychological and spiritual aspects. His duties include providing guidance based on religious understanding, supporting repentance awareness, and facilitating spiritual recovery through religious institutions such as *dhikr* (Engkizar, Jaafar, et al., 2025; Tasmara<sup>1</sup> et al., 2023; Ulfah & Arifudin, 2019).

The responsibility of an Islamic counselor is not only to the client, but also to Allah, the profession, and society. This includes maintaining confidentiality, acting in accordance with Islamic law, and respecting the dignity of each client, without imposing personal values. He or she is also obliged to maintain professional accountability to do self-reflection, continuous self-evaluation, and contribute to the development of the Islamic counseling profession through research and training.

## METHODS

This research uses the Literature Review method. The data sources obtained are articles or journals and books that are relevant to the topic. The model used refers to the systematic literature review protocol which includes three main stages: planning, implementing, and reporting research results (Amiri & Ahmadi, 2023; Engkizar et al., 2023; Nasution et al., 2023; Purnomo et al., 2023). The planning stage begins with the formulation of clear research questions based on the topic focus of Islamic counseling, and is followed by the determination of inclusion and exclusion criteria to ensure the relevance and consistency of the literature reviewed. The selection process began with title and abstract screening to weed out irrelevant sources, and then a full-text review of articles that met the criteria, with transparent documentation to ensure replicability. Once the eligible literature was selected, data extraction was performed, noting aspects of methodology, sample, main results, and

theoretical contributions of each text (Albshkar et al., 2025; Engkizar et al., 2024; Irawan et al., 2021; Uldiman et al., 2024; Zulmuqim, 2017). Next, the researcher conducted a quality assessment of the sources through a critical appraisal approach using appropriate scientific assessment instruments to assess the validity, reliability and potential bias of the studies. The results of the literature were then integrated through a narrative synthesis process, grouping the findings according to major thematic categories such as spiritual foundation, counseling ethics, and effectiveness of Islamic interventions. This stage not only provides a summary, but also compares the reasons for the diverse findings, identifies trends and discrepancies between studies, and constructs a narrative underlying the contribution of this research to the field of Islamic counseling (Engkizar et al., 2021; Guspita, 2025; Istiqamah et al., 2024; Mahira et al., 2024).

## **RESULT AND DISCUSSION**

### **Counselor**

Etymologically, the word guidance is translated from English, namely: "Guidance", derived from the verb "to guadince" which means to show, guide, lead or help. In general, it is defined as help or guidance. But there are also translations of the word "Guidance" with the meaning of help. This means that guidance means help, guidance or assistance. For example, a teacher who helps students answer exam questions is not from the context of guidance. The help, guidance or help that guidance means is psychological (Akmal et al., 2024; Engkizar et al., 2022).

Whereas in the Big Indonesian Dictionary, counselor or counselor or is a person who serves counseling, advisor, counseling. This shows that the counselor is someone who provides assistance to a client using counseling techniques. The quality of the counselor is all the criteria of excellence, including personal, knowledge, insight, skills, and values that he has that will facilitate him in carrying out the process of guidance and counseling services so as to achieve goals successfully (effectively).

In order to be a professional counselor, the counselor must have an attitude that is warm, empathetic, honest, respectful, and most importantly trustworthy. There are three central issues in discussing the personal qualities of counselors, viz: knowledge, skills, and personality.

The task of the Islamic counselor is to help the client resolve his/her life with regard to Islamic values and morality. The counselor must be a good role model because the counselor helps overcome the life problems experienced by the client or counselee, this aims to make the client feel motivated in solving his life problems. Islamic counselors should be a reference for clients in living their lives. As a role model, the counselor is a reference in the behavior of everyday life, the counselor's life becomes a barometer for counseling.

### **Characters and Traits of Islamic Counselors**

Character, The success of counseling services and changes in the counselee is influenced by the quality of the counselor, there are several characteristics that the counselor profession must have that can support the success of counseling services, according to Carl Rogers in Lesmana there are 3 characteristics that the counselor profession must have in carrying out the helping profession, namely: First, Congruence, the counselor's awareness to understand oneself as it is. Second, Unconditional positive regard, accepting the counselee unconditionally. The counselor accepts his client's differences (Engkizar, et al., 2025).

Third, Emphaty, namely: understanding the counselee as what the counselee understands. As for the basic characteristics of the personality of the Islamic counselor profession, Ikhlas, namely the personality of a sincere counselor as said by Allah in the Qur'an as follows:

وَمَا أُمِرُوا إِلَّا لِيَعْبُدُوا اللَّهَ مُخْلِصِينَ لَهُ الدِّينَ ۚ حُنَفَاءَ وَيُقِيمُوا الصَّلَاةَ وَيُؤْتُوا الزَّكَاةَ  
وَذَلِكَ دِينُ الْقَيِّمَةِ

Meaning: "And they were not commanded except to worship Allah with pure obedience to Him" (*Al Bayyinah*/ 98: 5).

Compassion: counselors are a helping profession through counseling services that counselors perform with compassion, as mentioned in the following Qur'an:

وَمَا أَرْسَلْنَاكَ إِلَّا رَحْمَةً لِّلْعَالَمِينَ

Meaning: "And We have not sent you but to be a mercy to the universe" (*Al Anbiya*' / 21:107).

Amanah; means trustworthy which usually this character is related to the character of ash shidq (honesty), there is no honest person who is not trusted and there is no trusted person who is not honest. Honesty in all life activities; honesty of intentions in the heart, honesty of words, honesty in vows, honesty in work so that it can work with full responsibility and commitment to provide the best counseling services according to professional quality standards, this personality is described in the Qur'an as follows:

قَالَتْ إِحْدَاهُمَا يَا أَبَتِ اسْتَأْجِرْهُ إِنَّ خَيْرَ مَنِ اسْتَأْجَرْتَ الْقَوِيُّ الْأَمِينُ

Meaning: "My father, take him to work for us, for surely the best person you can hire to work for you is one who is strong and trustworthy" (*al Qashash*/ 28:26).

Apart from the many characters of Islamic counselors, it is also important that counselors must have patience.

### Characteristics

The characteristics of this Islamic counselor, refer to the traits that exist in the Prophet, because with this prophet's traits a counselor can perform his role perfectly. The Prophet is a professional counselor who must be emulated, because he received training directly from Allah himself. All the advice, guidance and instructions conveyed by the Messenger came from Allah, as Allah said:

وَمَا يَنْطِقُ عَنِ الْهَوَىٰ ۚ

Meaning: "And nothing he speaks (the Qur'an) is according to his lust. His speech is but a revelation revealed to him" (*QS. anNajm* verse 3).

### Terms and Duties of Counselors

#### Terms

This trait is important to build trust between the counselor and the client. The counselor should have knowledge and expertise in the field of counseling. This includes an understanding of counseling techniques that are in accordance with Islamic principles as well as the ability to apply them in practice (Fitriani et al., 2022).

Communication aspect, The ability to communicate well is very important. Here the counselor should be able to listen empathetically and give constructive advice to the client. Empathy and compassion aspect, The counselor should have a compassionate and empathetic attitude towards the client. This helps create a safe and supportive environment for clients to share their problems. The aspect of religious knowledge, the counselor needs to have a good knowledge of both fiqh (Islamic law) and other aspects of religion that are relevant to the problem the client is facing. By fulfilling these requirements, an Islamic counselor can provide guidance that is effective and in accordance with Islamic values (Engkizar, et al., 2025).

## Duties

The duties of an Islamic counselor involve various aspects that aim to assist individuals or groups in dealing with life's problems and challenges with an approach that is in accordance with Islamic principles. Here are some of the main tasks of Islamic counselors: Providing spiritual guidance, Here the Islamic counselor is tasked with assisting clients in strengthening their faith and piety. This includes giving advice on how to improve their relationship with Allah, understand the teachings of Islam, and live a life in accordance with religious values. Listening and understanding the client's problems, One of the main tasks of the counselor is to empathetically encourage and understand the problems faced by the client. The counselor should create a safe and comfortable environment where clients feel free to share their problems. After understanding the client's problem, the Islamic counselor provides advice based on Islamic teachings and counseling principles. This may include recommendations for actions that can be taken or changes in mindset and behavior (Febriani et al., 2020).

Assisting in decision-making, the Counselor assists clients in the decision-making process by providing different perspectives and helping them consider the consequences and options, while adhering to Islamic values. Supporting mental and emotional counseling, Islamic counselors also play a role in helping clients overcome mental and emotional health issues, such as stress, anxiety, and depression with approaches that are in accordance with Islamic principles. Providing education and training, the Counselor can provide education on various aspects of life, such as family relationships, marriage, and parenting with an approach that is in accordance with Islamic teachings. Building a strong relationship, the counselor is tasked with building a strong and trusting relationship with the client. So that clients feel comfortable to share problems and receive guidance. Advocating kindness and positive change, Islamic counselors also act as advocates for positive change in society, by encouraging kindness and justice in accordance with Islamic teachings. Providing referrals, If needed, the counselor can also provide referrals to other professionals, such as psychologists or psychiatrists, if the client's problems require more in-depth intervention. By performing these tasks, Islamic counselors contribute to the spiritual, emotional, and social development of clients and help them lead better lives in accordance with Islamic principles (Ikhwan Rahman et al., 2023).

## Relationship between Counselor and Teacher

The success in the implementation of guidance and counseling cannot be separated from the contribution of each organizer of the educational process, although each has different roles and duties. In overcoming the control of student learning emotions in the learning process is not the right and obligation of the counseling teacher or counselor alone, but other teachers such as Islamic Education teachers or general teachers also have the same rights and obligations to overcome and control the learning emotions of their students while in the classroom.

The form of cooperation between teachers and counseling teachers or counselors is to provide direction to students in the academic field such as direction to college or to which schools will connect or where the right work for students, as well as building and developing akhlakul karimah in students. The factor that causes cooperation between teachers and BK teachers or counselors is because of the emergence of student problems about frequent absences from school without permission or information which results in students falling behind in the material.

The role of teachers for students in BK is that students are given guidance and counseling in a continuous manner so that they are motivated to be more active in participating in Islamic religious education learning so that the goals to be achieved are as optimal as possible. Some other roles of teachers in BK are as follows:

## Personal social guidance



Personal social guidance is guidance to help students in solving personal social problems, as for those classified in personal social problems are problems of relationships with friends, teachers, understanding the nature and abilities of self, adjusting to the educational environment and the community where they live, and conflict resolution.

### **Learning guidance**

Learning guidance is guidance in finding the right way to overcome difficulties in learning.

### **Career guidance**

Career guidance is guidance to assist individuals in planning, developing and solving career problems such as understanding positions and work tasks, understanding conditions and abilities, understanding environmental conditions, and career development planning.

### **CONCLUSION**

This shows that, a counselor is someone who provides help to a client using counseling techniques. Characteristics: Congruence, Unconditional positive regard, Emphaty. The basic personality characteristics of the Islamic counselor profession are: Ikhlas, Compassion, Amanah. The characteristics of this Islamic counselor, refer to the traits that exist in the Prophet, because with this prophet's traits a counselor can perform his role perfectly. Terms and Duties of Counselors, Terms: Spiritual aspect, Moral aspect, Professional aspect, Communication aspect, Empathy and compassion aspect, religious knowledge aspect. Duties: Provide spiritual guidance, Listen and understand the client's problems, provide advice and solutions, assist in decision making, support mental and emotional counseling, Provide education and training, build strong relationships, Advocate kindness and positive change, Provide referrals. relationship between Counselor and Teacher. In overcoming the control of students' learning emotions in the learning process, it is not only the rights and obligations of counseling teachers or counselors, but other teachers such as PAI teachers or general teachers also have the same rights and obligations to overcome and control their students' learning emotions while in class. Some other roles of teachers in BK are as follows: Personal social guidance, Learning guidance, Career guidance

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