



Adult Psychology of Religion in Relation to Religious Counseling Programs and Strategies

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Abstract

This research analyzes the relationship between religious psychology and religious counseling through a systematic literature review method. In this review, researchers want to identify the psychology of adult religion, the religious characteristics of adults, the development of religion in adults and the relationship between the psychology of religion and religious counseling. In each of these aspects, relevant literature is studied. The results of this literature review can provide insight into the psychology of religion in adult religious counseling, assist counselors and researchers in developing counseling approaches and guide the future development of the counseling field.

INTRODUCTION

Humans living in the world always face various challenges and problems both from within and from outside. Challenges that arise from within humans can be in the form of desires and whispers of the devil or challenges from outside in the form of engineering and efforts made by humans. Conditions like this indirectly direct humans towards contemporary challenges. Contemporary challenges are individual and social challenges, even global in nature (G. W. Thomas, 2012). Various pressing and pressing needs surround everyone's interests, various global phenomena lead people to be trapped by what they should be. Conditions that are all wrong, conditions that are completely confused and conditions that are completely uncertain lead to what is called depression (Lilienfeld et al., 2015).

Jalaludin explains that depression, fear and the inability to be grateful are closely related to the world of religiosity (Thomas & Furber, 2015). There is a relationship between religious beliefs and mental health (Koenig et al., 2002). Mental health referred to here is calm in facing life and not getting stressed easily (Milligan & Bingley, 2007). Therefore, the presence of religion is required to be actively involved in solving the problems and challenges faced by its adherents (Norenzayan & Shariff, 2008). The position and role of religion is not just a symbol of piety but can play an effective role in solving existing problems (Hassan et al., 2009). One of the approaches taken in understanding religion to solve human problems is a psychological approach (Pargament et al., 2000). The psychology of religion discusses and analyzes various psychological experiences or human religious feelings, which aim and function as a conscious feeling of human psychopathology today.

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The psychology of religion as a science that studies religious behavior in a person will of course have different applications in each phase of a person's life. By studying the psychology of religion, one can certainly find out how religion and spirituality influence a person's behavior, thoughts and emotions. The psychology of religion examines the relationship between religious beliefs, spiritual practices, and psychological well-being (Ivtzan et al., 2013). This also includes learning about one's beliefs, values, morals, and religious experiences (King, 2019). The psychology of religion can provide a deep understanding of how religion and spirituality affect a person's mental and emotional health, and how this can be addressed in counseling and therapy practice.

This discussion concerns the psychology of adult religion. Adult psychology of religion refers to the study of how religious beliefs and practices influence the mental and emotional well-being of individuals in the adult age group (Green & Elliott, 2010). Religious counseling is a counseling approach that uses the principles of religion and spirituality to support the psychological well-being of adults. Religious psychology in adults is a science that studies a person's religious behavior when entering adulthood or during the process or peak of achieving a person's maturity and strength, whether physically, cognitively, socially or morally (Koski et al., 2015). When they reach adulthood, they generally have an attitude of discovering their personality, determining their goals, outlining their life path, taking responsibility, and gathering their own norms (Scales et al., 2016). In general, those who are classified as adults aged 20 to 40 years, before entering this period, a teenager is first at the threshold stage of adulthood or late adolescence which usually lasts 21 or 22 years. Religion for adults is an attitude of life and not just joining in (Nelson & Padilla-Walker, 2013). Stability in a person's view of religious life and religious behavior is no longer static stability, but dynamic stability, where at some point he is also aware of changes. This change occurs because of the process of considering thoughts, the knowledge possessed and perhaps because of existing conditions.

Religious attitudes will be visible in their life patterns, this religious attitude will be maintained as their identity and personality by steadily carrying out the teachings of the religion they adhere to, so that this religious attitude can give rise to excessive obedience and choice of religious teachings that provide inner satisfaction based on rational considerations. Healthy. Religious attitudes in adults have a broad perspective based on the values they choose (Stewart, 2005). Apart from that, this religious attitude is generally based on deepening understanding and expanding understanding of the teachings of the religion one adheres to (Kriger & Seng, 2005). Religion for adults has become an attitude of life and not just joining in (Pearce, 2002). The importance of religious behavior is a foundation or basic construction that is very important in building a civilization in society, because the role of religion is to determine the direction of a global goal, so that religion will never disappear from a society.

The aim of this research is to examine the psychology of adult religion in relation to religious counseling programs and strategies (Seifert, 2002). It is hoped that this research can increase understanding and useful insight for counseling practitioners, researchers, students and general readers to study more deeply the psychology of adult religion in relation to religious counseling programs and strategies to achieve mental and spiritual well-being in the future. For Indonesian people, character education is not something new (Rokhman et al., 2014). Even since the beginning of independence, the Old Order era, the New Order era, and now the Reform Order era, many steps have been taken within the framework of character education with different names and forms.

There are eighteen character education values that a teacher must instill (Agboola & Tsai, 2012). The eighteen characters are religious, honest, tolerant,

disciplined, hard-working, creative, independent, democratic, curiosity, national spirit, love for the motherland, respectful for achievement, friendly or communicative, love peace, love to read, care for the environment, social care, responsibility.

At this time character education has not shown optimal results (Cohen, 2006). This can be seen from social phenomena that show behavior that is not characterless, behavior that is not characterized, for example, there is promiscuity, frequent brawls between students, environmental damage that still occurs a lot, there are socio-economic-political inequalities in society, and injustice still occurs. Law, violence and riots, increasing corruption rates, anarchic acts, and social conflicts (Klein, 2012).

Therefore character education really needs to be implemented, because character education can build a multicultural nation's life, building a nation that is intelligent, has a noble culture, and is able to contribute to the development of human life, develop the basic potential to have a good heart, good thoughts, and good behavior as well as good examples, building the attitude of citizens who love peace, are creative, independent, and are able to live side by side with other nations in harmony. Character education is not only applied to elementary, middle, and high school students but also to students at the tertiary level. Therefore this article will discuss how to implement character education among students who live in guesthouses, in order to produce the next generation who are not only capable in the academic field but also commendable in character.

METHODS

This research uses a systematic literature review method. Systematic Literature Review (SLR) is a comprehensive research method used to collect, evaluate, and analyze literature on the psychology of adult religion in relation to religious counseling programs and strategies. Systematic Literature Review identifies and integrates findings from previous research to form a deeper understanding of the topic. SLR aims to identify relevant primary papers, extract the necessary data, analyze and synthesize the results to gain further and broader insights into the investigated domain (Cabrera & Cabrera, 2003). Researchers collected articles using Citation, ERIC, Elsevier and Google Scholar. The next stage is for researchers to group articles according to the subthemes of this research. After that, the researcher studied and analyzed in depth the contents of the selected articles and compared them with several relevant articles to serve as a basis for formulating recommendations for the results of this research (Seuring & Gold, 2012).

RESULT AND DISCUSSION

In essence, religious guidance and counseling is a process of assistance to develop the potential of individuals who believe in the existence of God by utilizing the resources contained in religious teachings. Stability of belief in God is the core of the religious counseling process (Helminiak, 2001), so that the prevention, problem alleviation (curative) and development processes refer to belief in God.

In solving problems in human life related to the religion one adheres to, of course religious psychology has made many contributions in line with the scope of its study (Vollhardt & Bilali, 2008). Religious psychology describes the growth and development of religious behavior or life in the human soul as well as 3 factors and backgrounds that influence this situation. The psychology of religion researches and examines a person's religious life and studies how much influence religious beliefs have on attitudes and behavior as well as life circumstances in general. Religious psychology is a branch of psychology that researches and studies human behavior in relation to the influence of religious beliefs and in relation to individual age development (Emmons & Paloutzian, 2003).

Adulthood is a period where an individual has completed his growth in both physiological, psychological and sociological aspects. At adulthood, people already have responsibilities and realize the meaning of life. Already has a clear identity and a stable personality. The religious attitude of adults has a broad perspective based on the values they choose. This attitude is generally based on deepening understanding and expanding understanding of the teachings of the religion one adheres to (Myers Avis, 1998). Stability in the religious view of life and religious behavior of adult humans is dynamic stability. According to Elizabeth B. Hurlock, adulthood is divided into three parts: a. Early adulthood (early adulthood), b. Middle adulthood, c. Old age (older adulthood).

That in line with the level of age development, religious attitudes in adults have the following characteristics: a) Accepting religious truth based on mature considerations, not just following along. b) Tends to be realist (real), so that religious norms are more widely applied in attitudes and behavior. c) Have a positive attitude towards religious teachings and norms, and strive to learn and deepen religious understanding. d) The level of religious observance is based on personal consideration and responsibility so that religious attitudes are a realistic (real) attitude to life. It is) Be more open and broad-minded. This means that adults have maturity in thinking and showing a religious attitude towards the environment and society. f) Be more critical of religious teaching material so that religious stability is not only based on considerations of the mind, but also based on considerations of conscience. g) Religious attitudes tend to lead to individual personality types, so that it can be seen that there is an influence of personality in accepting, understanding and implementing the religious teachings that one believes in. h) It can be seen that there is a relationship between religious attitudes and social life, so that attention to the interests of religious social organizations has developed.

Religious development in adults: Religious psychology experts have carried out various kinds of empirical research and carried out theoretical analyzes related to the stages of religious development. This research relates to several religious aspects, namely: the concept of God, the concept of prayer and religious identity. Meanwhile, aspects related to religious development in adults are: 1) Attitudes of adults. In adulthood, a person generally has attitudes, namely: a) Finding his personality, b) Determining his ideals, c) Outlining his life path, d) Being responsible, e) Gathering his own norms. 2) Religious behavior of adults, A person's religious behavior at this time is based on the religious responsibility he holds, he believes deeply in it and he understands it as a way of life. This is a result of stability in the religious view of life, which will then lead to stability in religious behavior, where all religious actions and behavior are always considered carefully, with full responsibility, not on the basis of imitation and not just following.

The relationship between religious psychology and religious counseling strategies Psychology of Religion apart from contributing to explaining the symptoms of a religious spirit, also specifically details the model of growth and development of a person's religious spirit where these factors can be taken into consideration by educators in strengthening a person's religious values. From a psychological perspective, religious counseling has a big spiritual effect, namely increasing a sense of faith, devotion, honesty, fortitude and maturity in life.

CONCLUSION

The emergence of problems and mental disorders in humans makes people look for alternative support that can provide psychological and physical calm and comfort when they experience stress and anxiety. In a religious and spiritual perspective, providing support to people in need is considered a "noble duty". Religion and (spiritual) beliefs can provide structure and meaning to human values,

behavior and life experiences as capital and strength in facing the problems encountered. Religion and spirituality (belief) will provide direction and emotional control when someone faces problems and is trapped in difficult times. The potential that religion and spirituality have in conceptualizing clients' strengths through a meaningful treatment process has recently been seen as important by counselors and mental health practitioners. Religious and spiritual approaches are considered relevant to counseling practice, therefore the counseling profession has begun to involve the role of spirituality and religion in counseling. In the future, counselors will be dealing with clients who need religious and spiritual support who consider religious and spiritual identity and practices important. This condition requires that counselors also understand religion and spirituality and this will of course force counselors to learn more about their clients' religion and spirituality.

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