

The Role of Islamic Counseling Guidance in Improving Emotional Intelligence in the Millennial Generation

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ABSTRAK

This study aims to examine the influence of Islamic counseling guidance on increasing emotional intelligence in the millennial generation. Millennials, as an age group that often face emotional challenges related to social, academic, and work pressures, need an effective approach to managing their emotions. Islamic counseling guidance, which integrates psychological aspects with spiritual values, is believed to help in overcoming these emotional problems. The type of research used is quantitative with a survey approach, involving 110 randomly selected respondents from the millennial generation who are involved in Islamic counseling guidance activities in educational institutions and Islamic communities. The data was collected using a questionnaire that measured two main variables, namely Islamic counseling guidance and emotional intelligence, with a Likert scale of 5 points. Before the analysis is carried out, a test of the validity and reliability of the research instrument is carried out to ensure the validity and consistency of the data. The data was analyzed using SPSS version 25 through a simple linear regression test to determine the influence of Islamic counseling guidance on emotional intelligence, as well as a *t-test* to test the significance of this influence. The results of the study show that Islamic counseling guidance has a significant influence on the increase of emotional intelligence in the millennial generation. These findings suggest that a holistic approach in Islamic counseling guidance, which combines psychological and spiritual aspects, can contribute to the development of better emotional intelligence among millennials. This research contributes to the development of more adaptive and effective counseling guidance methods, as well as opening up opportunities for wider implementation in various educational and social contexts.

INTRODUCTION

Mental revolution 4.0 is a concept that includes fundamental changes in the way individuals think, respond, act, and work to face the challenges of the digital era and the industrial revolution 4.0 (Saely & Shaleh *et al.*, 2023). In this context, mental revolution is not only related to the ability to adapt to technology, but also with the transformation of the fundamental mindset in each individual (Hudianto *et al.*, 2023). This concept emphasizes the importance of improving human quality through the understanding and application of noble values that are already contained in the nation's culture, such as

mutual cooperation, religious moderation, character education, and Pancasila values. Religious moderation invites individuals to live in harmony in the midst of diversity, maintain tolerance, and avoid extremism, which is very important in the midst of an increasingly pluralistic society. Character education is one of the main aspects in the mental revolution 4.0, where the younger generation needs to be equipped with positive attitudes such as honesty, integrity, responsibility, and discipline, which will support them in facing various (Rahmawati & Hanafi., 2022). The application of Pancasila values as a basis for thinking and acting is very relevant to maintain the unity and unity of the nation in the face of globalization which further reduces the limitations of space and time. Thus, the mental revolution 4.0 focuses not only on mastering new technologies and skills, but also on the formation of a solid national character and identity, so that the Indonesian generation can compete at the global level without losing the cultural roots and noble values that are the nation's identity.

Digital transformation in the world of education has affected the development of the millennial generation, Gen Z, and Gen A, who are facing the challenges of moral degradation and social behavior (Alamin *et al.*, 2023). Rapidly developing technology often reduces social interaction and character values, which can be seen from the lack of good manners, asocial behavior, to juvenile delinquency (Damayanti & Jatningsih., 2024). To overcome this, character education needs to be integrated in the curriculum through the teaching of moral and ethical values, as well as the training of soft skills such as empathy and responsibility (Zara & Jatningsih., 2021). In addition, digital literacy is essential to equip students with an understanding of the ethics of using technology, privacy, and the impact of social media. Collaboration between schools and parents in educating children, providing a space for positive social interaction, and limiting the time spent using technology can support healthy character development. Continuous teacher evaluation and training also plays a role in ensuring that digital education is able to form a generation that is not only academically intelligent but also ethical, resilient, and ready to face the challenges of the digital era.

In this modern era, the millennial generation is often faced with various emotional challenges stemming from social, academic, and professional pressures. Emotional instability, stress, anxiety, and difficulty in managing interpersonal relationships are becoming increasingly common problems among them. Various studies show that emotional intelligence, which includes an individual's ability to recognize, understand, and manage their own emotions and interact with others effectively, is essential in improving psychological and social well-being (Riza & Yoto., 2023). However, many millennials find it difficult to manage their emotions, especially in the face of increasingly complex life pressures.

One of the approaches that is considered to be able to help in overcoming this problem is Islamic counseling guidance. This approach combines spiritual values with psychological aspects to provide guidance and support to individuals in managing emotions, increasing inner peace, and improving relationships with themselves and others (Dew & Yelliza., 2024). Although Islamic counseling guidance has been applied in various educational institutions and communities, its role and influence in improving emotional intelligence in the millennial generation still needs to be further researched. Therefore, this study aims to dig deeper into the influence of Islamic counseling guidance on the improvement of emotional intelligence in the millennial generation, especially in the social and psychological context they are currently facing. This phenomenon is important to study because it can contribute to the development of more effective

guidance methods and relevant to the needs of the millennial generation in facing their emotional challenges.

Moral degradation in students refers to the process of declining moral values that lead to a decline in quality of life and behavioral deviations. This process occurs when students lose strong moral guidance, both due to the lack of character education and negative environmental influences (Zsantana & Suwanda., 2022). This moral decline can include various aspects, such as a reduced sense of responsibility, loss of integrity, and a decline in discipline and manners in social interactions. The impact of this moral degradation can be very wide-ranging, including the tendency to asocial behavior, low sensitivity to others, as well as increased juvenile delinquency, such as drug abuse and involvement in risky sexual behavior (Ramli., 2021). Without adequate moral debriefing, students become vulnerable to negative influences around them, especially in the digital era which often raises ethical challenges in the use of social media and technology. Therefore, structured moral education is very important in directing students to have solid life values, uphold ethics, and be able to live a quality life, far from deviations and moral degradation.

Education in the era of globalization and digitalization not only aims to transfer knowledge, but also becomes an important medium in transferring moral and ethical values to the younger generation (Nurhakim & Dewi., 2024). In the midst of the rapid flow of information and social changes, education has a major role in strengthening the character and personality of students so that they are not easily affected by negative impacts. The phenomenon of value degradation, especially in the aspect of morality, is increasingly visible among the younger generation, which is characterized by asocial behavior, a decrease in a sense of responsibility, and a weakening awareness of the values of goodness and virtue. Therefore, character cultivation in education must be carried out in a structured and systematic manner, starting from basic education to higher education, so that it can form students who are intelligent, with integrity, and socially responsible. Character education is expected to internalize universal values such as honesty, discipline, responsibility, empathy, and respect in students so that these values become part of their personality (Judrah *et al.*, 2024).

In the context of Indonesia, which is rich in cultural and religious values, character education has a very strong foundation. Cultural values are not only an ancestral heritage, but also a moral guideline that shapes the identity of Indonesian society. Character education in Indonesia needs to include local values, such as mutual cooperation, respect for parents, tolerance, and politeness, as well as religious values as the basis for ethics in daily life (Slamet *et al.*, 2023). In this case, collaboration between schools, families, and the community is needed to achieve the success of character education. Schools are responsible for providing a curriculum that contains character education explicitly, while teachers act as role models of positive values for students. On the other hand, the family has a role as the initial foundation in instilling moral values, while the community is a place where students apply these values. With character education integrated with digital literacy, students are expected to have the resilience to face global challenges without losing their moral and cultural identity as a generation of Indonesians with noble ethics (Handoyo *et al.*, 2020).

Guidance and Counseling Teachers (BK) have the freedom to choose various service strategies that suit the needs of students, taking into account the rapid development of technology and information (Zubaidah *et al.*, 2024). In this context, BK teachers can take advantage of various technology-based learning models, such as online

counseling, the use of interactive learning applications, and virtual discussion platforms to provide more efficient and effective services. The use of technology allows BK teachers to provide more personalized services, reaching students whenever and wherever they need help (Amri., 2019). In addition, BK teachers can develop innovative guidance programs, such as soft skills training sessions through interactive videos or webinars, that are relevant to the times. In this way, BK teachers can be adaptive and proactive companions, helping students overcome problems and optimize their potential in the digital era.

Emotional intelligence, according to Goleman (1999), is the ability to manage and control one's own emotions in the face of a variety of challenging situations, such as frustration, overflowing feelings, betrayal, or unfulfilled promises, while still using rational thinking. Emotional intelligence includes the ability to recognize, understand, and regulate emotions within oneself and be able to empathize with the feelings of others (Maitrianti., 2021). Individuals with high emotional intelligence are able to manage their emotional reactions in stressful situations or conflicts without allowing their emotions to control actions that could harm themselves or others.

Emotional intelligence is also related to the ability to communicate effectively, maintain healthy interpersonal relationships, and have a high sense of empathy for others (Rahman *et al.*, 2019). This is very important in daily life, especially in the context of the world of work, education, and social relations. Individuals with good emotional intelligence can better cope with stresses and challenges, make wise decisions, and build more harmonious relationships with those around them. In addition, emotional intelligence also plays an important role in self-development, as it helps a person to get to know themselves better, manage stress, and improve the ability to adapt to life's changes and challenges (Faturrahmi & Urbayatun., 2022). Therefore, emotional intelligence not only supports personal success, but also better social and mental well-being.

Emotional intelligence (EQ) plays an important role in determining a person's success, even more dominant than intellectual intelligence (IQ). According to Andiri, Jajat, and Kuston (2017), emotional intelligence accounts for about 80% in achieving success, while IQ only contributes 20%. This confirms that a person's ability to manage and understand their own emotions and those of others is more crucial in achieving success, both in personal and professional life. Emotional intelligence consists of five main components that are interrelated, namely self-awareness, resilience, self-motivation, empathy, and the ability to foster positive relationships with others.

The first component, self-awareness, is the ability to recognize and understand one's own emotions, which allows one to make wiser decisions. Furthermore, resilience or the ability to manage emotions is essential for dealing with challenges, stress, and failure calmly and effectively. Self-motivation is the ability to stay focused and motivated despite obstacles, while empathy allows a person to understand the feelings and perspectives of others, which favors harmonious relationships. Finally, fostering relationships includes social skills that allow a person to establish and maintain positive relationships with others. These five components support each other in forming individuals who are not only intellectually intelligent, but also have good social skills and are able to be successful in interacting with the surrounding environment.

Emotional intelligence (EI) is different from intellectual intelligence (IQ), because EI is more acquired through life experience and education. As stated by Ambarwati and Pihasniwati (2017), EI leads to the ability of individuals to manage and

control their emotions, so that the emotions that arise can be more positive and productive. Education has an important role in improving emotional intelligence, because through the right approach, individuals can develop the ability to better cope with life's stress and challenges. One of the key components of EI is resilience, which is the ability to respond to and cope with life stressors in a constructive way. A person who has high resilience can remain calm and think clearly in the face of pressure, and be able to bounce back after facing difficulties. With good emotional intelligence, individuals can not only control their emotions, but also better cope with stress and challenges, ultimately contributing to long-term success and well-being. Emotional intelligence has a very important role in a person's success, both in personal and professional life in the future. Therefore, it is very important for students to develop their emotional intelligence with the help and direction of educators, especially Guidance and Counseling (BK) teachers. BK teachers play a crucial role in helping students recognize, manage, and develop their emotions positively. Good emotional intelligence will strengthen an individual's ability to cope with stress, face challenges, and adapt to change. This is an important capital in building a mature personality and ready to face challenges in an increasingly complex era.

In the era of the industrial revolution 4.0, BK teachers and students are also required to master learning technology in order to take advantage of the increasingly rapid technological development in improving the quality of education. The 4.0 revolution, known as the digital revolution, is characterized by the proliferation of computers and automation that affect almost all aspects of life, including the world of education. In this context, technology not only makes it easier to access information, but also opens up new opportunities in more efficient and interactive ways of learning. The use of technology by BK teachers allows them to provide online tutoring services, provide more diverse learning resources, and create a more interesting and relevant learning experience to the needs of the times. Therefore, mastery of technology in education is very important to adapt to the changing times and improve the quality of the learning process.

METHODOLOGY

This research method uses a quantitative approach with a survey design to test the influence of Islamic counseling guidance on the increase of emotional intelligence in the millennial generation. This study involved 110 respondents who were randomly selected using a simple random sampling technique from the millennial generation population who were involved in Islamic counseling guidance activities in educational institutions and Islamic communities. The data was collected through a questionnaire consisting of two parts: first, respondents' demographic information, and second, statements that measured the variables of Islamic counseling guidance as well as emotional intelligence with a 5-point Likert scale. Prior to the analysis, validity and reliability tests are carried out to ensure that the instruments used are valid and consistent. The collected data was analyzed using SPSS version 25 with a series of tests, including a normality test to ensure data distribution, a simple linear regression test to determine the influence of Islamic counseling guidance on emotional intelligence, and a t test to test the significance of the influence. The results of this analysis will be used to test the hypothesis that there is a significant influence between Islamic counseling guidance and emotional intelligence. This study also maintains research ethics by ensuring the confidentiality of respondent data and obtaining informed consent before data collection. By using this method, this

study is expected to provide deeper insights into the influence of Islamic counseling guidance on the emotional intelligence of the millennial generation and contribute to the development of more effective counseling guidance methods in the future.

RESULTS AND DISCUSSION

Validity refers to the extent to which an instrument, method, or model accurately measures the intended concept and aligns with the research objectives. In the context of the study titled "The Role of Islamic Counseling Guidance in Improving Emotional Intelligence in the Millennial Generation," validity ensures that the methods and instruments used are appropriate for assessing the influence of Islamic counseling guidance on the emotional intelligence of millennials. For example, construct validity ensures that the instruments truly measure emotional intelligence as a theoretical construct, while content validity ensures that all dimensions of emotional intelligence, such as self-awareness, empathy, and self-regulation, are adequately covered. Furthermore, criterion validity examines the relationship between the outcomes of counseling guidance and relevant emotional intelligence benchmarks, ensuring that the results are reliable. Validity in this context also involves ensuring that the counseling approach aligns with Islamic principles and effectively addresses the unique characteristics of the millennial generation. By meeting these validity criteria, the study can provide meaningful and accurate insights into the role of Islamic counseling in fostering emotional intelligence.

Table 1. Validity Test

Variable	Value	Information
X1.1	0,709	Valid
X1.2	0,744	Valid
X1.3	0,727	Valid
X1.4	0,713	Valid
X1.5	0,720	Valid
Y1.1	0,754	Valid
Y1.2	0,758	Valid
Y1.3	0,740	Valid
Y1.4	0,772	Valid
Y1.5	0,733	Valid

Source : SPSS Data Processing, 2024

Based on the table presented, all indicators in the X1 and Y1 variables show a validity value above 0.7, which indicates that all indicators are valid and reliable in measuring the construction in question. In the context of the research entitled "The Role of Islamic Counseling Guidance in Improving Emotional Intelligence in the Millennial Generation", the X1 variable can represent aspects related to Islamic counseling guidance, such as the approaches, methods, and techniques used, while the Y1 variable can describe the level of emotional intelligence that is the goal of the guidance process. High validity on all indicators ensures that the measurement of the role of Islamic counseling guidance and its influence on the improvement of the emotional intelligence of the millennial generation is carried out accurately and reliably. Thus, the results of this study are expected to provide relevant findings regarding the effectiveness of Islamic counseling guidance as one of the approaches to increase emotional intelligence in the millennial generation.

Reliability Test

Table 2. Reliability Test

Variable	Cronbach Alpha
Islamic Counseling Guidance	0,762
Emotional Intelligence	0,806

Source : SPSS Data Processing, 2024

Based on the results of the reliability test, the Cronbach's Alpha value for the variable Islamic Counseling Guidance is 0.762, while for the variable Emotional Intelligence is 0.806. The value is above the threshold of 0.7, which indicates that both variables have a good level of reliability. The variable Islamic Counseling Guidance with a value of 0.762 indicates that the measurement instrument has sufficient internal consistency to measure the concept in question. Meanwhile, the variable Emotional Intelligence with a value of 0.806 shows excellent consistency, indicating that the measurement instrument is very reliable. Overall, these two variables meet the requirements of good reliability, so the instrument used is feasible to produce accurate and consistent data in this study.

Table 3. Model Summary

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	0,447	0,200	0,193	2,77178

Source : SPSS Data Processing, 2024

The results of regression analysis showed that Islamic Counseling Guidance had a moderate positive relationship with the bound variable, with an R value of 0.447. An R Square value of 0.200 indicates that Islamic Counseling Guidance is able to explain 20% of the variation in the bound variable, while the remainder, 80%, is influenced by other factors that are not included in this model. An Adjusted R Square of 0.193 provides a more accurate picture, indicating that after adjusting for the number of variables in the model, 19.3% of the variation in the bound variable can be explained. The Std. Error of the Estimate value of 2.77178 indicates that the model's predictions have a considerable mean deviation from the actual value. Overall, although this model explains a small portion of variation in the bound variables, the relationships found remain significant, and the addition of other variables may increase the predictive power of the model.

Table 4. Multicollinearity Test

Independent Variable	Tolerance	VIF	Information
Islamic Counseling Guidance	1,000	1,000	Free Multicollinearity

Source : SPSS Data Processing, 2024

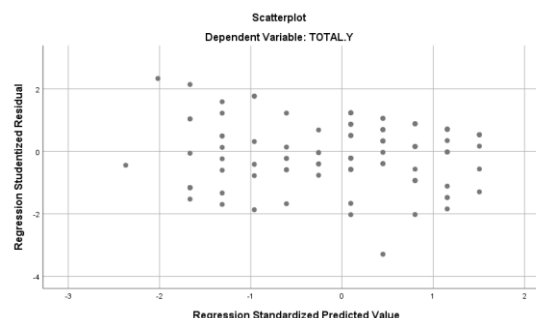


Figure 1. Heteroscedasticity Test

The scatterplot above illustrates the relationship between the Regression Standardized Predicted Values and Regression Studentized Residuals, commonly used to assess the assumption of homoscedasticity in linear regression. The points are randomly dispersed around the horizontal line at residual value 0, without forming any specific pattern, such as a funnel or curve, indicating that the residual variance is approximately constant. This suggests that the assumption of homoscedasticity is satisfied, and there are no significant violations of linearity or independence of residuals. Therefore, the regression model can be considered valid in explaining the relationship between the independent and dependent variables.

Table 5. Simple Linear Regression Test

Model	Unstandardized Coefficients		Standardized Coefficients		
	B	Std. Error	Beta	t	Sig.
1	(Constant)				
	TOTAL_X	11,383		5,817	0,000
		0,094	0,447	5,198	0,000

Source : SPSS Data Processing, 2024

The results of regression analysis showed that the variable of Islamic Counseling Guidance had a positive and significant influence on the bound variable. The unstandardized coefficient of 0.094 indicates that each increase of one unit in Islamic Counseling Guidance will increase the bound variable by 0.094, while the standardized Beta value of 0.447 indicates a moderate contribution of Islamic Counseling Guidance in explaining the bound variable. A t-value of 5.198 with a significance of 0.000 (less than 0.05) ensures that this relationship is statistically significant and does not occur by chance. Thus, Islamic Counseling Guidance proves to be a relevant and significant predictor in influencing the variables bound to this model.

Table 6. Uji Hipotesis

Independent Variable	T	Significance
Islamic Counseling Guidance	5,817	0,000

Source : SPSS Data Processing, 2024

The results of the t-test for the variable Islamic Counseling Guidance showed a t-value of 5.817 with a significance (p-value) of 0.000. This high t-value shows that Islamic Counseling Guidance has a significant influence on the bound variables. Statistically, this t-value is greater than the critical t-value, which means that the influence of Islamic Counseling Guidance on the bound variable is not a result of chance, but rather shows a real and strong relationship. In addition, a significance value of less than 0.05 (0.000) indicates that the null hypothesis, which states that there is no influence between the Islamic Counseling Guidance and the bound variable, can be rejected. Thus, it can be concluded that Islamic Counseling Guidance has a significant influence in influencing the bound variables in this model, which strengthens its important role in the context of this study. This significant influence also shows that Islamic Counseling Guidance can be a relevant and effective factor in improving or changing the bonded variables studied.

DISCUSSION

Today's millennial generation faces various life challenges that are not only related to social and economic issues, but also to psychological and emotional aspects. Emotional intelligence (EQ) is one of the most important factors in helping individuals to overcome these problems. Emotional intelligence includes the ability to recognize, understand, manage, and express emotions in a healthy way, both in oneself and in interactions with others (Sarnoto & Romli., 2019). However, in the midst of various problems faced by the

millennial generation, the traditional approach to developing emotional intelligence is often ineffective. Therefore, Islamic counseling guidance emerged as an alternative that can help improve emotional intelligence with a holistic approach, combining psychological and spiritual aspects.

The Role of Islamic Counseling Guidance

Islamic counseling guidance plays an important role in providing guidance to individuals to recognize and manage their emotions in accordance with Islamic religious teachings (Kartini *et al.*, 2023). In Islam, there are many teachings that emphasize the importance of managing emotions, such as the concept of patience, *tawakal*, and maintaining good relationships with others. Through the guidance of Islamic counseling, individuals are not only given an understanding of emotional management, but also taught to cultivate inner peace and strengthen faith as a foundation for overcoming emotional problems. This approach is different from secular counseling guidance, which emphasizes more on psychological aspects without including spiritual values.

Emotional Intelligence in the Context of the Millennial Generation

The millennial generation is often considered to be a generation that is more connected to technology, but also more vulnerable to stress, anxiety, and emotional problems (Saifi *et al.*, 2024). In this context, emotional intelligence plays a very important role. The ability to manage your own emotions, empathize with others, and maintain healthy interpersonal relationships is essential for personal and professional success. Low emotional intelligence can lead to emotional instability, difficulty in interacting with others, and problems in achieving life goals. Therefore, increasing emotional intelligence in the millennial generation must be a priority, one of which is through Islamic counseling guidance.

A Holistic Approach in Islamic Counselling Guidance

Islamic counseling guidance offers a more holistic approach to developing emotional intelligence. This is because Islamic counseling guidance does not only focus on the psychological aspect, but also pays attention to the spiritual dimension. This approach introduces Islamic principles that can help individuals manage stress and negative emotions, such as patience (*patience*), *tawakal* (surrender to God), and maintaining good relationships with others (*ukhuwah*). By internalizing these values, individuals can more easily cope with life's pressures and gain inner peace, which in turn can increase their emotional intelligence.

Benefits of Islamic Counseling Guidance in Managing Stress

One of the key aspects of emotional intelligence is the ability to manage stress well. Islamic counseling guidance teaches individuals to face difficulties in life with peace of mind, one of which is through the concepts of patience and *tawakal*. In Islam, a person is taught to accept destiny with open arms and entrust all affairs to God after trying his best (Misbahul & Syamsul., 2023). With this guidance, millennials who are often depressed by life's demands can learn to respond to stress in a healthier way, not only psychologically but also spiritually.

Improving Interpersonal Relationships Through Islamic Values

Emotional intelligence also involves the ability to interact with others in a healthy way (Al-Mursyidi *et al.*, 2024). Islam teaches the importance of maintaining harmonious relationships with others, both in the family, community, and in the work environment. In Islamic counseling guidance, individuals are taught to empathize, respect differences, and improve communication in interpersonal relationships. By understanding and applying these principles, millennials can improve their emotional intelligence, thereby

being able to build better relationships with others and be more successful in various aspects of life.

Implications for Psychological Well-Being

Islamic counseling guidance plays an important role in supporting the psychological well-being of individuals, especially in terms of emotional management. With guidance based on Islamic values, individuals can achieve better emotional balance, which is essential for maintaining mental health (Putri., 2024). This approach can help individuals to reduce anxiety, depression, and other psychological problems that are often faced by millennials. Good emotional intelligence will increase a person's ability to overcome life's challenges more wisely and be more emotionally stable.

The Importance of the Role of Mentors in Islamic Counseling Guidance

In Islamic counseling guidance, the role of a guide or counselor is very important. Counselors must have a deep understanding of Islamic teachings as well as good counseling skills. A competent mentor can provide appropriate direction to individuals in managing their emotions, as well as guide them to draw closer to God. Mentors should also be able to create a safe and supportive environment for individuals to feel comfortable opening up and expressing their feelings. Thus, Islamic counseling guidance can run effectively and have a positive impact in increasing emotional intelligence.

Case Studies and Research Findings

Based on case studies and research findings, Islamic counseling guidance has been proven to have a significant influence in increasing emotional intelligence in the millennial generation (Yanti *et al.*, 2021). Research shows that individuals who follow Islamic counseling guidance experience improvements in their ability to manage stress, develop empathy, and build more harmonious interpersonal relationships. These findings show that an Islamic approach based on spiritual and moral values can make a great contribution to developing emotional intelligence, especially for millennials who face considerable life pressures.

CONCLUSION

Islamic counseling guidance has a very important role in increasing emotional intelligence in the millennial generation, because this holistic approach combines psychological aspects with spiritual values contained in Islamic teachings. This approach not only helps individuals in managing their emotions better, but also strengthens their character and mentality through principles such as patience, tawakal, and empathy, which can improve the quality of interpersonal relationships and overall psychological well-being. The practical implications of these findings suggest that Islamic counseling guidance needs to be applied more widely in various educational institutions, families, and communities, so that the millennial generation, who are often exposed to various life pressures, can get better support in dealing with their emotional challenges. The application of Islamic counseling guidance in an educational setting, for example, can equip students with more mature emotional skills, while within the family, parents and counselors can work together to create an atmosphere that supports the development of children's emotional intelligence. In addition, the application of Islamic counseling guidance in the community can strengthen positive values such as empathy, self-control, and tolerance, which are important for creating a more harmonious social environment. As a further step, it is important to develop more adaptive Islamic counseling guidance methods and techniques, including the use of digital technology, to facilitate the accessibility and effectiveness of services for the millennial generation who are highly

dependent on technology. With a more innovative and relevant approach to the challenges of the times, Islamic counseling guidance can serve as one of the solutions to create individuals who are more emotionally intelligent, mentally healthy, and ready to face life's challenges, which in turn will contribute to the development of a more prosperous and harmonious society.

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1. Each subheading is written in Times New Roman typeface, font 12, capitalized and bolded.
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