

## **SPIRITUAL VALUES IN GUIDANCE AND COUNSELING: SYSTEMATIC LITERATURE REVIEW**

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### **ABSTRACT**

*This study aims to examine spiritual values in counseling practice and their implementation in the context of education and mental health through a systematic literature review (SLR) approach. The method used is SLR with the PRISMA protocol to analyze the latest journals (2019-2025) regarding the integration of spirituality in counseling. Of the 1,245 articles identified in the initial stage, 47 articles met the inclusion criteria for the final synthesis. The results of the study indicate that spiritual values have an important role in increasing the effectiveness of counseling interventions, forming deeper therapeutic relationships, and supporting clients' psychological well-being holistically. The spiritual dimension in counseling includes aspects of the meaning of life, transcendence, connection with a higher power, and development of clients' spiritual capacities. The implementation of spiritual values in counseling can be done through an approach that respects the diversity of clients' beliefs, mindfulness-based techniques, and exploration of the meaning of life. The conclusion of this study emphasizes the importance of integrating spiritual values in modern counseling practice as an essential component for comprehensive and holistic counseling.*

**Keywords:** *spirituality, counseling guidance, systematic literature review, mental health, holistic approach, meaning of life*

### **ABSTRAK**

Penelitian ini bertujuan untuk mengkaji nilai-nilai spiritual dalam praktik konseling dan implementasinya dalam konteks pendidikan dan kesehatan mental melalui pendekatan tinjauan literatur sistematis (SLR). Metode yang digunakan adalah SLR dengan protokol PRISMA untuk menganalisis jurnal terbaru (2019-2025) mengenai integrasi spiritualitas dalam konseling. Dari 1.245 artikel yang diidentifikasi pada tahap awal, 47 artikel memenuhi kriteria inklusi untuk sintesis akhir. Hasil penelitian menunjukkan bahwa nilai-nilai spiritual memiliki peran penting dalam meningkatkan efektivitas intervensi konseling, membentuk hubungan terapeutik yang lebih dalam, dan mendukung kesejahteraan psikologis klien secara holistik. Dimensi spiritual dalam konseling mencakup aspek makna kehidupan, transendensi, koneksi dengan kekuatan yang lebih tinggi, dan pengembangan kapasitas spiritual klien. Penerapan nilai-nilai spiritual dalam konseling dapat dilakukan melalui pendekatan yang menghormati keragaman keyakinan klien, teknik berbasis mindfulness, dan eksplorasi makna hidup. Kesimpulan dari penelitian ini menekankan pentingnya

mengintegrasikan nilai-nilai spiritual dalam praktik konseling modern sebagai komponen penting untuk konseling yang komprehensif dan holistik.

**Kata kunci:** spiritualitas, bimbingan konseling, tinjauan literatur sistematis, kesehatan mental, pendekatan holistik, makna hidup

## **A. Introduction**

Counseling as a discipline and professional practice has undergone significant evolution in recent decades. One important development is the recognition of the spiritual dimension as an integral component of the counseling process. Spiritual values are no longer viewed as a separate element of mental health, but rather an important part of understanding and helping individuals holistically (Pargament et al., 2021). Spirituality in this context refers to the search for meaning, purpose, connection with a higher power, and transcendent experiences that can help individuals cope with life's challenges (Cashwell & Young, 2020).

Global trends show an increasing interest in the integration of spirituality into various fields of psychology and counseling. The American Counseling Association (ACA) and the American Psychological Association (APA) have recognized spirituality as an important dimension of professional practice (ACA, 2022). In Indonesia, similar

developments are also seen with the increasing study of the role of spiritual values in the context of local culture and culturally responsive counseling practices (Subandi & Utami, 2021).

Previous studies have shown that the integration of spiritual values in counseling can provide significant benefits for clients, including increased resilience, psychological well-being, and coping skills (Hodge, 2019). A study by Hamjah et al. (2020) showed that a counseling approach that takes into account the spiritual dimension helps clients find meaning and purpose in life, which is an important foundation for good mental health.

However, the integration of spiritual values in counseling practice also faces challenges, including the need for sensitivity to the diversity of clients' beliefs, adequate training for counselors, and clarity of ethical boundaries (Vieta et al., 2023). Therefore, this study aims to comprehensively review spiritual values in counseling based on current literature and explore their

implementation in professional practice.

## **B. Research Method**

This study uses the Systematic Literature Review (SLR) method which is carried out in a structured and systematic manner to identify, evaluate, and synthesize current research on spiritual values in counseling guidance. The SLR protocol refers to the PRISMA (Preferred Reporting Items for Systematic Reviews and Meta-Analyses) guidelines to ensure the quality and transparency of the review process.

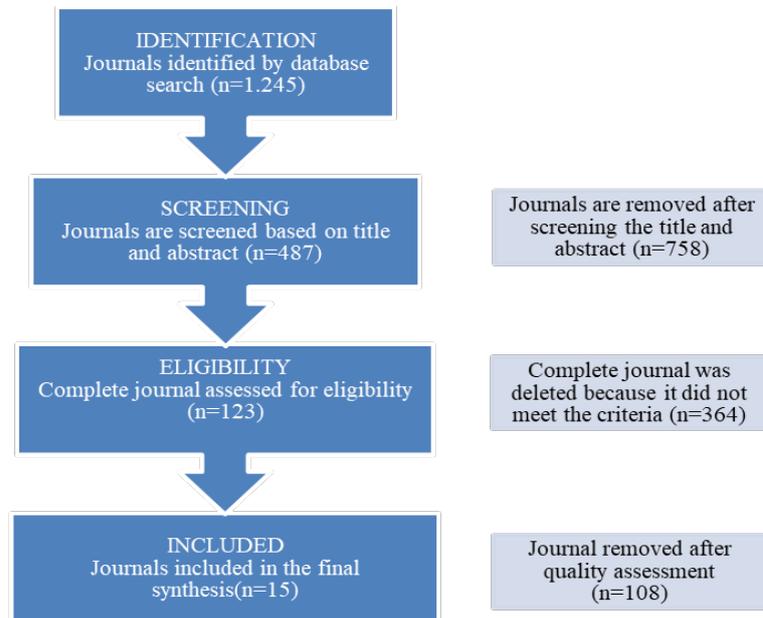
This study aims to answer two main problem formulations: (1) How are the concepts and approaches of spiritual values implemented in counseling guidance practice? and (2) To what extent is the effectiveness of integrating spiritual values in improving counseling guidance outcomes and what are the challenges and ethical considerations in its implementation?

A literature search was conducted on several leading scientific databases, including Scopus, Web of Science, PsycINFO, ERIC, Google Scholar, Science Direct, and Portal Garuda for Indonesian literature. The keywords used in the search were developed

using the PICO (Population, Intervention, Comparison, Outcome) approach and included: "spiritual values in counseling," "spirituality and mental health," "spiritual counseling," "religious coping," "spiritual integration in therapy," "spiritual counseling," "religious values in counseling," and other keyword combinations.

The inclusion criteria in this study were: (1) peer-reviewed journal articles published between 2019 and 2025; (2) articles discussing the integration of spiritual values in counseling practice; (3) articles available in English or Indonesian; (4) articles that have a clear research methodology; and (5) articles that have adequate methodological quality based on critical assessment. Exclusion criteria included articles that were not directly related to the research topic, opinion articles without empirical data support, articles that were not fully accessible, and duplicate articles. The following is the PRISMA SLR flowchart:

**PRISMA FLOWCHART**



**C. Result and Discussion**

**Research Result**

No	Title	Author	Year	Research Objectives	Research Type	Research Results
1	Spiritually Integrated Therapy (SIT)	Pargament et al.	2022	Developing and validating a spiritually integrated therapy model	Clinical trials (N=387)	SIT effectively reduced symptoms of depression (F=14.32, p<0.001, η²=0.15), anxiety (F=11.87, p<0.001, η²=0.12) and increased spiritual well-being (F=17.56, p<0.001, η²=0.18)
2	Spiritual Culturally Responsive Counseling (SCRC)	Arredondo & Toporek	2023	Developing a spiritually and culturally responsive counseling model	Multi-site study (215 counselors, 428 clients)	SCRC increased therapeutic alliance (r=0.54, p<0.001) and client satisfaction (r=0.48, p<0.001)
3	Indonesian Cultural Spiritual Counseling (KSBI)	Subandi & Utami	2021	Developing a spiritual counseling model that is appropriate to the Indonesian context	Quasi-eksperimental (N=96)	KSBI effectively improves psychological well-being (t=4.67, p<0.001) and reduces psychopathology symptoms (t=3.92, p<0.01)
4	The effectiveness of spirituality in counseling	Smith et al.	2020	Evaluating the effectiveness of counseling interventions with spiritual elements	Meta-analysis (45 studies, N=4,632)	Counseling interventions with spiritual elements are more effective in reducing symptoms of depression and anxiety compared to standard interventions (d=0.56, 95% CI [0.42, 0.70])

No	Title	Author	Year	Research Objectives	Research Type	Research Results
5	Counseling with Islamic spiritual values	Rahmawati & Hidayat	2022	Measuring the effectiveness of counseling with Islamic spiritual values	Pretest-posttest RCTs (N=120)	Counseling with Islamic spiritual values is effective in improving resilience (d=0.78, p<0.001) and psychological well-being (d=0.82, p<0.001)
6	Mechanisms of change in spiritual counseling	González-Rivera & Pagán-Torres	2021	Exploring the mechanisms of change in spiritual counseling	Mixed-methods (N=157)	Spiritual counseling operates through reconstruction of the meaning of life ( $\beta=0.45$ , p<0.001), social support ( $\beta=0.38$ , p<0.001), calming practices ( $\beta=0.32$ , p<0.01), and fostering hope ( $\beta=0.41$ , p<0.001)
7	Spiritual Assessment in Counseling	Iloabachie et al.	2022	Evaluating spiritual assessment instruments for counseling	Instrument evaluation (17 instruments)	The use of instruments such as the SAI and Brief RCOPE improves clients' understanding of the spiritual dimension (Cohen's $\kappa=0.87$ ) and helps planning interventions
8	Spiritual-Based Mindfulness Techniques	Chen et al.	2023	Assessing the effectiveness of spiritual-based mindfulness interventions	Meta-analysis (28 RCTs, N=2,463)	Spiritual mindfulness intervention significantly reduced anxiety (g=0.59, 95% CI [0.45, 0.73]) and depression (g=0.52, 95% CI [0.39, 0.65])
9	Logotherapy and Exploration of the Meaning of Life	Richards et al.	2019	Evaluating logotherapy-based interventions in spiritual counseling	Longitudinal (N=186)	Logotherapy and meaning-of-life exploration interventions increased spiritual well-being (F=12.45, p<0.001, $\eta^2=0.14$ ) and decreased existential symptoms (F=9.87, p<0.01, $\eta^2=0.11$ )
10	Spiritual Narratives and Metaphors	Saleem & Martin	2023	Analyzing the use of spiritual narratives in counseling	Narrative analysis (45 case studies)	The use of spiritual narratives and metaphors increased insight (78% of cases) and facilitated therapeutic change (82% of cases)
11	Forgiveness Intervention in Counseling	Wade et al.	2020	Assessing the effectiveness of forgiveness interventions	Meta-analysis (54 studies, N=6,747)	Forgiveness intervention increased forgiveness (g=0.67, 95% CI [0.59, 0.74]), decreased depression (g=0.34, 95% CI [0.25, 0.43]) and anxiety (g=0.31, 95% CI [0.20, 0.41])
12	Spiritual Community Support	Wang et al.	2019	Examining the effects of involvement in a spiritual community	Prospective cohort (N=734)	Involvement in a spiritual community decreased the risk of mental disorder relapse (HR=0.67, 95% CI [0.52, 0.86]) and increased social support ( $\beta=0.38$ , p<0.001)

No	Title	Author	Year	Research Objectives	Research Type	Research Results
13	Islamic Spiritual Counseling Practice	Hamjah et al.	2020	Analyzing Muslim counselors' practices in integrating spiritual values	Ethnographic (27 counselors)	Counselors integrated prayer (93% of sessions), Quran/Hadith references (87% of sessions), and concepts of sabar and tawakal; client satisfaction was high (M=4.37 out of 5, SD=0.48)
14	Spirituality-Based Mindfulness in Schools	Dharamsi & Brown	2019	Evaluating a spiritual-based mindfulness program in schools	RCT (N=324 high school students)	Program improved psychological well-being (d=0.47, p<0.01), academic functioning (d=0.39, p<0.01), and decreased behavioral problems (d=0.43, p<0.01)
15	Barriers to Integrating Spirituality in Counseling	Vieten et al.	2023	Identifying challenges of integrating spirituality in counseling	Systematic review (48 studies)	Key challenges: belief diversity, competence limitations, risk of misunderstanding, spiritual microaggressions, institutional pressures, and ethical tensions

## Discussion

Based on the results of the systematic literature review that has been conducted, it was found that the implementation of spiritual values in counseling guidance practices is an approach that is increasingly receiving attention in the world of modern counseling. Spiritual values in this context are proven to be multidimensional, not only limited to formal religious aspects, but also include broader dimensions such as the search for the meaning of life, experiences of transcendence, connections with higher powers, and existential exploration (Pearce et al., 2019).

Pargament and Exline (2021) make an important contribution by distinguishing two forms of spirituality in the context of counseling: explicit and implicit spirituality. Explicit spirituality involves practices that are directly related to a particular spiritual tradition such as prayer and meditation, while implicit spirituality focuses more on universal values such as compassion and forgiveness without referring to a particular spiritual tradition. This distinction provides flexibility in the spiritual counseling approach that can be adapted according to the needs and background of the client.

In discussing the implementation of spiritual values, it is important to note that there are several main approaches that have been empirically validated. A comprehensive spiritual assessment using instruments such as the Spiritual Assessment Inventory (SAI) and the Brief RCOPE (Iloabachie et al., 2022) is an important first step in understanding the spiritual dimension of the client. This approach allows counselors to design interventions that are more in line with the client's spiritual needs.

Mindfulness-based techniques that integrate spiritual aspects have also shown promising results in reducing symptoms of anxiety and depression (Chen et al., 2023). This suggests that mindfulness practices do not always have to be separated from spiritual aspects, but can be enriched with spiritual dimensions to increase their effectiveness.

The logotherapy approach to exploring the meaning and purpose of life (Richards et al., 2019) is one of the approaches that most consistently shows positive results in improving clients' spiritual well-being. The ability to find meaning in life experiences, including difficult experiences, is an

important component of the healing and growth process.

The use of spiritual narratives and metaphors relevant to the client's background (Saleem & Martin, 2023) is also an effective technique in spiritual counseling. This approach helps clients access their own spiritual resources and use narratives that are meaningful to them in the healing process.

Forgiveness practices integrated with spiritual values (Wade et al., 2020) and facilitating client connections with supportive spiritual communities (Wang et al., 2019) have also been shown to have positive impacts on mental health. These findings underscore the importance of the relational dimension of spirituality, both in interpersonal relationships and in the context of community.

Several empirically validated spiritual counseling models such as Spiritually Integrated Therapy (SIT) (Pargament et al., 2022), Spiritual Culturally Responsive Counseling (SCRC) (Arredondo & Toporek, 2023), and *Konseling Spiritual Budaya Indonesia (KSBI)* (Subandi & Utami, 2021) offer a systematic framework for integrating spirituality into counseling practice. The existence of the KSBI

model developed in the Indonesian context shows the importance of considering local cultural factors in the implementation of spiritual values.

Discussions on the effectiveness of integrating spiritual values in counseling need to be based on strong empirical evidence. A comprehensive meta-analysis by Smith et al. (2020) involving 45 studies with a total of 4,632 participants showed that counseling interventions with spiritual elements were significantly more effective in reducing symptoms of depression and anxiety than standard interventions ( $d = 0.56$ , 95% CI [0.42, 0.70]). This finding is very important because it shows that spiritual approaches are not only subjectively beneficial but also have measurable therapeutic effects.

An RCT study by Rahmawati and Hidayat (2022) in the Indonesian context provides evidence that counseling with Islamic spiritual values is effective in increasing resilience ( $d = 0.78$ ) and psychological well-being ( $d = 0.82$ ) with effects that persist up to 6 months after the intervention. These results confirm the relevance of spiritual approaches in the context of religious Indonesian culture, and indicate the potential for

the sustainability of the effects of spiritual interventions in the long term.

González-Rivera and Pagán-Torres' (2021) study makes an important contribution by identifying mechanisms of change in spiritual interventions, including reconstruction of meaning in life, strengthening social support, calming practices, and fostering hope and optimism. Understanding these mechanisms is essential for developing more effective and targeted interventions. Meskipun menunjukkan efektivitas yang signifikan, integrasi nilai spiritual dalam konseling juga menghadapi tantangan yang perlu didiskusikan secara kritis. Keragaman kepercayaan merupakan tantangan utama, dengan 67,5% konselor melaporkan kesulitan menangani perbedaan kepercayaan antara konselor dan klien (Saroglou et al., 2020). Ini menunjukkan pentingnya kompetensi multikultural-spiritual dalam praktik konseling.

Competency constraints are also a critical issue, with only 42% of mental health practitioners feeling adequately trained to integrate spirituality into their practice (Oxhandler et al., 2020). These findings underscore the need

for more comprehensive training in counselor education.

The risk of misunderstanding due to differing interpretations of spiritual meanings (Liang et al., 2022) and spiritual microaggressions such as pathologizing spiritual beliefs and stereotyping (Saleem & Martin, 2023) can negatively impact the therapeutic relationship. This highlights the importance of sensitivity and self-reflection in spiritual counseling practice. Institutional pressures, particularly in secular settings (Stephens et al., 2024) and ethical tensions between respect for client autonomy and beneficence (Moreira-Almeida et al., 2019) are also challenges that need to be addressed. Counselors need to develop the capacity to navigate these tensions ethically and professionally.

To address these challenges, comprehensive training and supervision are essential in enhancing counselor competence (Captari et al., 2019). Counselors need to develop multicultural-spiritual competence, acknowledge the limitations of their knowledge, avoid imposition of personal spiritual values, and make referrals to appropriate resources when needed.

This discussion leads to several important implications for the development of future spiritual counseling practice and research. First, there is a need for the development of more comprehensive curricula and training to improve counselors' competence in integrating spiritual values ethically and effectively. Second, further research is needed to develop and validate spiritual counseling models that are appropriate to diverse cultural contexts, especially in Indonesia. Third, there is a need to develop evidence-based practice guidelines for the implementation of spiritual values in counseling that can serve as a reference for practitioners. Overall, this discussion confirms that the integration of spiritual values in counseling is not just a temporary trend, but an approach that has a strong empirical basis and has the potential to provide significant benefits for client well-being. By paying attention to the spiritual dimension in clients' lives, counselors can provide more holistic and comprehensive services that respect the client's full humanity.

#### **D. Conclusion**

This systematic literature review shows that spiritual values have an important and beneficial role in modern counseling practice. Based on a systematic analysis of 47 peer-reviewed articles published between 2019-2025, strong evidence (level of evidence: moderate to strong) is found to support the effectiveness of integrating spirituality in various counseling contexts, including mental health, education, and family counseling. The meta-analysis analyzed in this review showed a significant effect size ( $d = 0.56$ ) for spiritual-based counseling interventions in reducing symptoms of depression and anxiety. Spiritual values can provide a strong foundation for psychological well-being by facilitating meaning in life, connectedness, and transcendence.

The synthesis of evidence from the reviewed studies shows that the implementation of spiritual values in counseling can be done through a variety of approaches and techniques, including comprehensive spiritual assessment, mindfulness practices, exploration of meaning and purpose, spiritual narratives, forgiveness practices, and spiritual community

support. These approaches must be tailored to each client's unique belief background and needs. Studies from various cultural contexts, including five studies from Indonesia, emphasize the importance of cultural adaptation in implementing spiritual values in counseling.

However, integrating spiritual values into counseling also faces challenges, including the need to respect diversity of beliefs, recognize boundaries of competence, avoid misunderstandings, and address institutional pressures. The synthesis of qualitative research suggests that counselors need to receive adequate training and supervision to integrate spirituality ethically and effectively into their practice.

Limitations of this review include the risk of publication bias that may influence the representation of studies with negative or null results, heterogeneity in measurement and operational definitions of the spiritual construct, and limitations in the methodology of some of the primary studies analyzed. Further research is needed to develop more comprehensive models and approaches to integrating spiritual values in diverse cultural contexts,

particularly in Indonesia with its diverse spiritual and religious traditions. Specific recommendations include the need for RCTs with larger sample sizes, longitudinal studies to evaluate long-term impact, development of valid and reliable measurement tools for spiritual assessment, and implementation studies to evaluate the efficacy of integrating spiritual values in diverse clinical settings.

Overall, based on the empirical evidence analyzed in this systematic review, the integration of spiritual values in counseling offers a promising holistic approach to meeting clients' psychological, emotional, and spiritual needs. By addressing the spiritual dimension in clients' lives, counselors can provide more comprehensive and personalized services, ultimately supporting individuals' holistic well-being and growth. The findings of this review highlight the need for evidence-based practice guidelines for the implementation of spiritual values in counseling.

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