



OPTIMA

Journal of Guidance and Counseling



Journal homepage: <http://ejournal.upi.edu/index.php/journal/>

The Urgency of Philosophical Thinking in Guidance and Counseling Practice: A Literature Review

Salma Nur Maulida

Universitas Pendidikan Indonesia, Indonesia
Correspondence: E-mail: nurmaulidasalma@upi.edu

ABSTRACT

Philosophy plays a key role in shaping the scientific foundation and principles underlying the practice of guidance and counseling. This study aims to explore the role of philosophy in the development of guidance and counseling theory and practice, focusing on the contributions of ontology, epistemology, and axiology in enriching counselors' understanding of human nature, wise decision-making, and the application of ethical values in professional practice. Additionally, this study examines the relevance of Pancasila philosophy as the Indonesian philosophical system in shaping guidance and counseling services that align with the cultural and social values of Indonesian society. The method used in this research is a systematic literature review. This research involves gathering articles related to the philosophy of science in guidance and counseling and analyzing them to find insights that can enrich the practice of guidance and counseling in Indonesia. The results of the study indicate that philosophy plays a very important role in guiding the development and application of guidance and counseling, both in the context of multicultural societies and the digital era. Philosophy provides a foundational framework that helps counselors understand human characteristics, professional values, and the social and technological challenges faced in counseling practice. This study affirms that understanding philosophy is not just an addition but an essential element in the sustainability and quality of guidance and counseling services.

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ARTICLE INFO

Article History:

Submitted/Received 24 December 2024

First Revised 05 January 2025

Accepted 20 February 2025

First Available Online 27 March 2025

Publication Date 31 March 2025

Keyword:

Philosophy,

Pancasila,

Guidance and counseling.

1. INTRODUCTION

Guidance and counseling are essential components of the national education system, functioning to support the achievement of national education goals in alignment with the principles that underpin the field of guidance and counseling. Covey (1989), in his works, emphasizes the importance of beginning every endeavor by considering its ultimate outcome ("begin with the end in mind").

A deep understanding of the role of guidance and counseling within the pillars of science is crucial to identifying its strengths and weaknesses. With such an understanding, this profession can undertake internal improvements, including enhancing its scientific quality, developing relevant technologies, and refining the art of providing assistance. Blasius (2015) asserts that this effort should ideally start by focusing on personal good before progressing toward achieving the common good.

This approach aligns with the foundational philosophy of guidance and counseling, which underscores the importance of self-reflection for counselors or guidance and counseling teachers. Before they can grow into fully developed individuals, they must first recognize their strengths and weaknesses. This process is not merely an initial step toward self-development but also essential for building strong professional competencies to assist others effectively.

Moreover, such reflection can strengthen integrity and ethical awareness in guidance and counseling practices. By understanding the philosophical foundations of the profession, counselors are better equipped to address practical challenges and make wiser decisions based on relevant universal and local values. Furthermore, the philosophical approach enables counselors to view clients as whole individuals, valuing them not merely as people with problems but as persons with unique potentials and life goals.

Thus, integrating philosophical understanding into guidance and counseling practice is not just an additional component but a fundamental necessity. This ensures that the profession of guidance and counseling continues to evolve sustainably, both in terms of its scientific development and its impact on the broader community.

2. METHODS

This study is a literature review that employs the Systematic Review (SR) method, also known as the Systematic Literature Review (SLR). This method is a systematic technique aimed at collecting, critically evaluating, integrating, and summarizing the findings from various studies relevant to a specific research question or topic. The research process begins with identifying articles related to the topic to be further examined.

This approach aligns with the view of Triandini et al. (in Nasution et al., 2022), which states that the purpose of a Systematic Literature Review (SLR) is to identify, review, and analyze studies, starting with finding articles relevant to the topic under investigation.

3. FINDINGS AND DISCUSSIONS

3.1. The Role of the Philosophy of Guidance and Counseling (GC) Science

Philosophy is a branch of science that studies material objects such as humans, nature, and God (anthropos, cosmos, theos), along with their associated problems. The formal object of philosophy, on the other hand, focuses on an in-depth examination of material objects to uncover the essence or core of the issues. Philosophical thinking is characterized by being

critical, radical, conceptual, coherent, rational, speculative, systematic, comprehensive, free, and universal.

According to [Brubacher \(in Wahidin, 2017\)](#), two main philosophical sources are relevant in counseling: essentialism and progressivism. Essentialist philosophy, which emerged during the Renaissance, emphasizes clear, enduring, stable values with an organized structure derived from interrelated culture and philosophy. Meanwhile, progressivist philosophy focuses on recognizing and developing progressive principles in real life to help humans survive and face life's challenges.

In this context, philosophy plays a crucial role in shaping counselors' character and work methods. Philosophy holds significant importance in counseling studies due to its close ties with humanistic family theories and its integration into counselor education curricula. By studying philosophy, counselors can develop character traits that influence their professional responsibilities.

As a foundation for all branches of knowledge, including science, philosophy employs a reflective-intuitive approach to explore various profound concepts, whereas science relies on the scientific method. In the context of education and guidance and counseling, philosophy serves as a guide for shaping educational processes and counseling practices, while science provides a scientifically grounded framework to develop Guidance and Counseling knowledge more systematically.

3.2 The Reality of Guidance and Counseling in Indonesia from the Perspective of Pancasila Philosophy

The current implementation of guidance and counseling services in Indonesia faces various complex challenges. One of the primary issues is the adoption of counseling theories and approaches rooted in the philosophy of other nations. Several studies highlight that many of the counseling theories and approaches applied in Indonesia today originate from the West, particularly the United States, which are deeply embedded in Western culture and philosophy.

According to [McLeod \(2008\)](#), counseling is an activity inseparable from the culture of Western industrial societies, making it not always relevant to the problems faced by other cultural groups. This perspective aligns with the statement by [Sue & Sue \(2003\)](#), who describe counseling as a "Western creation" shaped by its philosophical assumptions and oriented toward Western thought. The fundamental concepts and goals of counseling are based on Western philosophy, emphasizing human nature as both an individual and social being.

The current practice of guidance and counseling services in Indonesia indicates that one of the main barriers and challenges lies in the use of theories and approaches that are misaligned with the nation's philosophy and culture. From the perspective of the philosophy of guidance and counseling, the theories and approaches applied in Indonesia today differ fundamentally from the principles of Pancasila philosophy.

3.3 The Urgency of Philosophy in Guidance and Counseling

The finding of the study on the urgency of philosophy in guidance and counseling as shown in **Table 1.**,

Table 1. Research articles that meet the inclusion criteria.

No.	Reference	Title	Finding
1.	Bunda, I. P., Sufyarma, & Karneli, Y. (2024). <i>Dasar Keilmuan Bimbingan Konseling dalam Perspektif Filsafat Ilmu</i> . Indo-MathEdu Intellectuals Journal, 5(3), 3796-3802.	Dasar Keilmuan Bimbingan Konseling dalam Perspektif Filsafat Ilmu	This study explores the scientific foundations of guidance and counseling through three philosophical approaches: ontology, epistemology, and axiology. Ontology examines the nature of humans as dynamic beings, epistemology emphasizes the importance of interdisciplinary approaches and scientific evidence in counseling, while axiology highlights the values of professional ethics, individual well-being, and contributions to social justice. The findings confirm the importance of integrating philosophy of science to enhance counseling theory and practice.
2.	Hastiani, & Rahmi, N. (2021). <i>Peranan Filsafat Ilmu Bimbingan dan Konseling dalam Kompetensi Konselor Multikultural di Indonesia</i> . Jurnal Konseling Gusjigang, 7(1), 1-6.	Peranan Filsafat Ilmu Bimbingan dan Konseling dalam Kompetensi Konselor Multikultural di Indonesia	This article emphasizes that the philosophy of science serves as the main framework in developing the competencies of multicultural counselors. In the context of Indonesia's diverse society, philosophy helps counselors understand the values, cultures, and perspectives of clients, enabling an inclusive and relevant approach. Multicultural competence is based on self-awareness, cultural knowledge, and the skills to effectively address differences.
3.	Mustika, H., Jamaris, & Solfema. (2023). <i>Urgensi Filsafat Ilmu dalam Bimbingan Konseling di Era Digital</i> . Jurnal Bimbingan dan Konseling Terapan, 6(2), 116-121.	Urgensi Filsafat Ilmu dalam Bimbingan Konseling di Era Digital.	This study discusses the impact of the digital era on the philosophy of science in guidance and counseling. Technologies such as e-mail, video conferencing, and online applications have become important tools for counselors to reach clients more flexibly. This article also highlights the role of counselors in helping clients use technology wisely and address the social challenges arising from the advancement of digital technology.

4. Muslikh. (2020). <i>Peranan Filsafat dalam Pengembangan Fungsi Bimbingan dan Konseling pada Masyarakat Multikultural</i> . Jurnal Pendidikan Nusantara, 1(1), 27-36.	Peranan Filsafat dalam Pengembangan Fungsi Bimbingan dan Konseling pada Masyarakat Multikultural	This study explains the importance of philosophy as a guideline in the development of the functions of guidance and counseling. In a multicultural society, philosophy provides a critical approach to addressing cultural differences through relevant concepts, theories, and philosophical streams. This helps counselors make wise decisions and broaden their perspectives in understanding complex social phenomena.
5. Hasrul, H., Habsyi, I., & Makki, M. I. (2023). <i>Falsafah Pancasila sebagai Landasan Pendidikan dalam Layanan Bimbingan dan Konseling di Indonesia</i> . Jurnal Pendidikan dan Ekonomi, 5(1), 1-8.	Falsafah Pancasila sebagai Landasan Pendidikan dalam Layanan Bimbingan dan Konseling di Indonesia.	This study discusses how the philosophy of Pancasila serves as a conceptual foundation in guidance and counseling in Indonesia. Pancasila offers a philosophical framework that prioritizes comfort and collective well-being, in line with the cultural values of the nation. This article also highlights two main issues in guidance and counseling services: religious counseling and multicultural counseling, which are proposed as key areas of focus for the future implementation of guidance and counseling.

The five articles reviewed consistently emphasize the importance of philosophy as a conceptual foundation in guidance and counseling. Philosophy provides a holistic framework that includes ontology, epistemology, and axiology, which serve to understand human nature, interdisciplinary approaches, and professional ethical values. As the foundation of knowledge, philosophy not only enriches the theory of guidance and counseling but also significantly enhances its practice, especially in the context of multicultural societies and the digital era.

In a multicultural society, philosophy plays a crucial role by enabling counselors to develop inclusive and relevant competencies. A deep understanding of clients' values, cultures, and perspectives helps create an approach that is sensitive to diversity. Meanwhile, in the digital era, the philosophy of science assists counselors in using technology wisely to reach clients more flexibly, while also addressing the social challenges arising from technological advancements.

Furthermore, the philosophy of Pancasila, as the philosophical system of the Indonesian nation, provides a relevant and contextual foundation for guidance and counseling services. Pancasila emphasizes the principles of comfort and collective well-being, forming the basis for religious and multicultural counseling that aligns with local cultural values. By integrating the philosophy of Pancasila, guidance and counseling services can create a more meaningful and effective approach, in line with the diverse needs of Indonesian society.

4. CONCLUSION AND RECOMMENDATION

This study emphasizes the crucial role of philosophy in guiding the development and practice of guidance and counseling (GC). The reviewed literature consistently underscores that philosophy provides the essential foundation for enhancing both GC theory and practice, adopting a critical, interdisciplinary, and ethical approach. The inclusion of ontology, epistemology, and axiology within philosophy greatly assists counselors in understanding human nature, making wise decisions, and upholding professional ethical principles. This philosophical framework is highly relevant in the context of multicultural societies and the digital era, as it enables counselors to develop inclusive competencies, appreciate cultural diversity, and use technology wisely while addressing challenges posed by technological advancements.

Overall, philosophy provides essential guidance for counselors to understand the complexity of humans and society, make wise decisions, and offer relevant services in the face of social and technological changes across various contexts. This makes philosophy a crucial element for the sustainability and quality of guidance and counseling.

The integration of the Pancasila philosophy, as the Indonesian philosophical system, enriches GC practice in the country. Pancasila provides a philosophical framework that aligns with the cultural values of the nation, focusing on collective well-being and comfort, supporting a counseling approach that is sensitive to the social and cultural context of Indonesia. Therefore, understanding philosophy is not merely an addition but an essential element for the development and success of the guidance and counseling profession.

5. ACKNOWLEDGEMENTS

I would like to express my deepest gratitude to Dr. Nandang Budiman, M.Pd., as the lecturer for the Philosophy of Science course. His guidance, support, and encouragement have been invaluable throughout this research process. His expertise and dedication have greatly enriched my understanding and development in this subject, and I am truly grateful for the insightful feedback and patience he has shown. This work would not have been possible without his support, and I am sincerely thankful for the positive impact he has made on my academic journey.

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