

# ISLAMIC COUNSELING GUIDANCE AND THE CHALLENGES OF TEENAGE MORALITY IN THE DIGITAL ERA

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**Abstract:** *In the digital era, the development of digital technology has a significant impact on the lives of adolescents, both positively and negatively. The impact of easy access to information and interaction among adolescents is accompanied by a decline in morality, due to weak self-control over the negative influences of digital technology. This condition certainly requires moral guidance for adolescents, both rationally and spiritually. This study aims to analyze the role of Islamic counseling in addressing the challenges of adolescent morality in the digital era. The method used in this study is a literature study (library research), drawing from various sources such as books, articles, journals, and the results of previous research relevant to the theme of Islamic counseling guidance. It is proven that Islamic counseling guidance plays an important role in shaping morality in adolescents through a spiritual approach, creating awareness and strength of faith in facing negative challenges from digital media, and also through moral development in adolescents. Therefore, instilling Islamic character and maintaining moral balance in adolescents in the modern era can be a strategy in integrating Islamic values in the counseling process.*

**Keywords:** *Islamic Counseling Guidance, Adolescent Morality, Digital Era*

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## INTRODUCTION

The rapid development of digital technology has had a significant impact on human life, particularly in social life. Access to information, communication, the internet, and social networks is incredibly easy in this digital era. This ease of access has become a key part of daily activities, such as eating, interacting, trading, and traveling—all of which can be done quickly and easily. The significant acceleration in the development of the internet and social media has made teenagers the group with the largest internet access in Indonesia, and they rely more on this technology for their needs and affairs. According to 2021 data from the Central Statistics Agency (BPS), 88.99% of children aged 5 and above in Indonesia have access to the internet. Similarly, research by the Ministry of Communication and Information Technology (Kominfo) and UNICEF found that 79.5% of children and teenagers are active internet users. Based on this data and research findings, teenagers in Indonesia are also referred to as "the internet age group." *digital native* This situation presents a significant opportunity for the academic, social, and creative development of adolescents, due to the characteristics of today's

youth who frequently utilize technology to seek information, develop potential, and explore identity. However, behind the benefits of the internet for adolescents, and the increasing intensity of adolescents' internet and social media use, there are also many challenges that must be considered by all of us, starting from dependence on social validation, *cyber bullying*, exposure to negative content, addiction to playing games, and false information that can influence the development of adolescent morality.

The morality of today's youth requires serious attention, as there are many risks associated with improper and excessive internet use. Exposure to negative content, such as hoaxes, pornography, crime, and the display of shame, can damage the purity of the human soul, which Islam itself teaches the importance of protecting our souls from harmful things. As Allah, the Most Gracious, says in QS. Asy-Syams (91): 9–10: "Indeed, the one who purifies his soul is successful, and the one who pollutes it is in loss." This verse emphasizes the urgency of moral and spiritual development, including for teenagers who are under massive digital pressure.

Islamic counseling is one approach that can be applied to strengthen adolescent morality. Through guidance based on the Quran and Sunnah, Islamic counseling can foster self-awareness, strengthen faith, and foster self-control in facing the moral challenges of the digital age.

## **LITERATURE REVIEW**

### **1. The Concept of Islamic Guidance and Counseling**

Guidance is assistance provided by a professional to someone who needs direction or information to understand themselves and their environment, this aims to prevent further problems from arising from someone being guided. And counseling is an activity between a counselor who has professional skills in providing information and counseling techniques that can help clients in facing and overcoming problems faced by clients that psychologically disrupt their lives. Counseling is more directed at healing to help clients find solutions and make the right decisions in achieving self-development and happiness in their lives. Islam is a belief and Foundation that regulates life, Islam is a teaching revealed by Allah SWT, as a guide in life for Muslims.

Islamic guidance and counseling is a series of activities provided by professionals to provide assistance to other individuals who are facing spiritual difficulties so that they can understand and realize the problems and overcome them through the concept of awareness and surrender to God, with the aim that the individual is able to change himself to obtain happiness in life now and in the future (Ariffin, 1979: 25).

Islamic Guidance and Counseling is an activity that provides targeted, sustainable and systematic assistance to clients so that they are able to develop their potential and religious nature optimally by applying the values in the Qur'an and Sunnah, the ultimate goal being that clients can live their lives in harmony and in accordance with the demands of the Qur'an and Sunnah (Samsul Munir Amin, 2010: 23).

Islamic guidance and counseling aims to achieve a balance between worldly life and the afterlife, based on the Qur'an and the Hadith. The ultimate goal of Islamic guidance and counseling is to transform individuals into complete human beings, imbued with faith, Islam, and good deeds, enabling them to achieve happiness in both this world and the afterlife (Fatimatuzzahroh, 2021). The concept of Islamic guidance and counseling is inextricably linked to the essence of humankind according to Islam. Humans are fundamentally God's

creatures, existing on earth as His vicegerents. The implications of their actions are all known to God and occur according to God's nature and will (Khairuddin, 2022).

## **2. Moral Concept**

Morals according to the Big Indonesian Dictionary are:

- (1) The generally accepted teachings about good and bad regarding actions, attitudes, obligations, and so on.
- (2) a mental condition that makes people brave, enthusiastic, passionate, disciplined, and so on; the contents of the heart or state of feeling as expressed in actions.
- (3) moral teachings that can be drawn from a story.

Morals have the following meanings:

- (1) Morals are moral teachings, namely everything related to guidance to do good deeds and avoid bad deeds that are contrary to the provisions that apply in society.
- (2) Morals are rules, namely provisions used by society to assess whether a person's actions fall into the category of good or bad actions.
- (3) Morality is a psychological phenomenon that arises in the form of actions such as honesty, patience, courage, and so on. (Abidin 2021)

Morality comes from the Latin word "Moritas," which is a term humans use to describe humanity or other people in actions that have positive value. A person who lacks morals is called amoral, meaning they are immoral and lack positive value in the eyes of others. Therefore, morality is an absolute must for humans. (Kurniawan et al. 2023)

## **3. Adolescents and Their Development**

Adolescents are an age group particularly vulnerable to the influence of technology. At this stage, they are in the process of discovering their identity and possess a strong sense of curiosity. Adolescence is a transitional phase from childhood to adulthood. This transition often presents individuals with changing situations, where on the one hand they still behave like children, but on the other, they are expected to act like adults. This kind of conflict can give rise to strange and awkward behavior, and if left unchecked, can lead to juvenile delinquency. (Rulmuzu, 2021).

## **4. Challenges of adolescent morality in the digital era.**

In the digital era marked by the development of information and communication technology, in the form of high social media and the internet, it presents new challenges in the form of low morality in adolescents, Sexting, cyberbullying, exposure to digital radicalism, and gadget addiction have become crucial issues that affect adolescents' mental and moral health. Research by Amir et al. (2024) highlights that the anonymity offered by cyberspace often reduces adolescents' awareness of the moral consequences of their actions. In addition, the speed and volume of information received massively can cause value confusion, where adolescents have difficulty distinguishing between essential Islamic values and global trends that are often contradictory.

Therefore, the integration of digital literacy and character education is very important in providing teenagers with moral support or self-control so that they can use social media optimally without damaging their morals.

## **METHOD**

This research uses a literature study method (*library research*) Data were collected through a review of various written sources, such as books, scientific journals, academic articles, official agency reports, and previous research relevant to the theme of Islamic counseling and

adolescent morality. The sources used were selected based on relevance, credibility, and currency.

Data analysis was carried out in three stages:

1. **Data organization**, namely grouping information based on the themes of Islamic BK theory, morality concepts, digital challenges, and coaching strategies.
2. **Analisis isi (content analysis)**, namely examining the contents of each source to find patterns, concepts and relationships.
3. **Synthesis**, namely arranging literature findings into comprehensive conclusions according to research objectives.

This method is in accordance with the character of bibliography-based qualitative research which does not involve field data collection.

## RESULT AND DISCUSSION

Based on a literature review, there is a strong correlation between the intensity of internet use and the emergence of moral challenges in adolescents. Data from the Central Statistics Agency (BPS) and the Ministry of Communication and Information Technology (Kominfo) show that adolescents are the most active internet users, making them vulnerable to negative content such as pornography, violence, hoaxes, and cyberbullying. A 2021 UNICEF report also indicates that the risk of online violence and exposure to inappropriate content is increasing with the high use of digital media among Indonesian children and adolescents.

From an Islamic counseling perspective, moral development is conducted through a spiritual approach that emphasizes tazkiyatun nafs (purification of the soul), self-reflection, and strengthening faith. This approach aligns with the goal of Islamic counseling to guide adolescents back to their natural state as servants of God and caliphs on earth.

Literature review shows that Islamic counseling can help adolescents:

- strengthen self-control,
- understand the moral limitations in the use of technology,
- instilling noble morals such as honesty, trustworthiness, politeness and responsibility,
- and internalize digital ethics according to Islamic teachings.

Phenomena such as cyberbullying, social media addiction, digital promiscuity, and online radicalism demonstrate that adolescents need character building and digital literacy. Experts refer to this condition as *value confusion*, namely the confusion of values resulting from the clash of global culture with Islamic values. Therefore, Islamic counselors need to integrate digital literacy materials into mentoring sessions so that adolescents not only understand morals theoretically but also are able to apply them in online activities.

An integrative approach—between Islamic spirituality and digital literacy—is a comprehensive strategy for maintaining adolescent morality amidst the onslaught of technology. The literature shows that Islamic values-based counseling involving family, school, and community can improve adolescent self-control and reduce immoral behavior. Furthermore, the literature review indicates that the effectiveness of Islamic counseling in addressing adolescents' moral challenges will be optimal if it involves a collaborative approach between counselors, families, and educational institutions. Previous studies confirm that adolescents who receive good family supervision, consistent religious education, and ongoing counselor support tend to have stronger self-control when using digital technology. In this context, Islamic counselors serve not only as spiritual companions but also as facilitators, helping adolescents understand the ethics of media use, build digital awareness, and internalize Islamic values in online activities. The integration of family education, school guidance, and

Islamic counseling services is a crucial formula for reducing deviant behavior, improving the quality of digital interactions, and strengthening adolescents' moral resilience in the digital age.

## CONCLUSION

The development of digital technology has had a significant impact on the lives of adolescents, both positive and negative. High levels of internet use make adolescents vulnerable to exposure to harmful content such as pornography, violence, hoaxes, cyberbullying, and global values inconsistent with Islamic teachings. This situation has the potential to weaken morality and lead to value confusion (*value confusion*) if not accompanied by strong spiritual guidance and self-control. A literature review shows that Islamic counseling plays a strategic role in protecting adolescents from the negative impacts of digitalization through a spiritual approach, tazkiyatun nafs (self-control), internalization of morals, and strengthening faith based on the Qur'an and Sunnah. Furthermore, integrating digital literacy into counseling is crucial for adolescents' ability to use technology responsibly and ethically.

Furthermore, the effectiveness of Islamic counseling will be even stronger when implemented collaboratively between counselors, families, schools, and the social environment. This synergy provides a comprehensive development space for adolescents, enabling them not only to understand moral values theoretically but also to apply them in their daily digital activities.

And then, Islamic counseling guidance is a solution-oriented and relevant approach to maintaining and strengthening adolescent morality in the digital era, while also helping them utilize technology wisely, productively, and in accordance with Islamic values.

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