

## Trend Of Islamic Cognitive Behavior Therapy Emipirical Research In Indonesia

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### Abstarct

This research is motivated by the results of research on Islamic Cognitive Behavior Therapy in Indonesia that have not been evaluated. There is also no data available from meta-analysis research that evaluates empirical research on Islamic Cognitive Behavior Therapy in Indonesia. The purpose of this study is to describe the evaluation of Islamic Cognitive Behavior Therapy research from 2014-2022 based on the google scholar indexer. This study uses a type of content analysis. The results of the content analysis show, namely: 1) empirical research on Islamic Cognitive Behavior Therapy in Indonesia has fluctuated, the highest in 2019 n = 4 (35%); 2) the type of manuscript is dominated by, namely Thesis n = 9 (69%); 3) research design and methods used are dominated by qualitative with n = 10 (77%); 4) the trend of Islamic Cognitive Behavior Therapy in Indonesia is dominated by social fields, namely n = 7 (59%); 5) The most publishers are dominated by the State Islamic University of Sunan Ampel Surabaya, namely n = 7 and Hisbah: Guidance Counseling Journal n = 2; 6) the majority of authors are dominated by Imas Kania Rahman n = 2. The findings of this study provide direction for future researchers to examine empirical research on Islamic Cognitive Behavior Therapy in the fields of career, marriage and family as well as clinically.

**Keywords:** Trend, Islamic Cognitive Behavior Therapy, Emipirical Research, Indonesia

### Introduction

An evaluation or meta-analysis of Islamic Cognitive Behavior Therapy research in Indonesia is required. One of the important things to evaluate is the implementation of counseling that integrates western therapy with Islamic values. From the following search results, several meta-analyses of counseling research were not found from the results of the publish or perish search that examined integrating western therapy with Islamic values, for example Social justice and professional counseling (Clark et al., 2022), Multicultural supervision in counseling (Kemer et al., 2022), Whiteness Scholarship in the Counseling Profession (Bayne et al., 2021), Genetic Counseling (Wallgren et al., 2021), School Counselor Training (Shin & Na, 2021), Religion and Spirituality Inclusion in CACREP Counseling Programs (Todd, 2021), Refugees (Attia et al., 2021), Disability (Degeneffe et al., 2021), the counseling literature on technology integration (Woo et al., 2020), Adverse childhood experiences (Zyromski et al., 2020), social class and socioeconomic status (Cook et al., 2020), Psychosocial Online Counseling (Grandeit et al., 2020), Recruitment for Transgender Clients (Walsh & Goldberg, 2020), academic counseling in the university (Rezapur-Shahkolai et al., 2020), school counseling supervision (Bledsoe et al., 2018).

In this study, the authors focus on the study of Islamic-based cognitive behavior therapy. The author conducted a search on the publish or perish application with the title Islamic Cognitive Behavior Therapy from 2014 to 2022 found 16 manuscripts (Publish or Perish, 2022). The text will be analyzed using the results of the important formulation of the 1st Islamic Guidance and Counseling Seminar (1985 dated 15-16 May) the types of Islamic guidance and counseling consisting of marriage and family counseling guidance, job or job guidance and counseling, guidance and counseling. social

counseling, and clinical counseling guidance (Tajiri, 2014). And the results of the second seminar (October 15-17, 1987) are the basic concepts of the field of Islamic guidance and counseling, namely: (a) the field of marriage, (b) the field of education, (c) the field of work/career, (d) the social sector, society, and (e) the religious field (Tajiri, 2014).

Through this study, the authors will evaluate the results of counseling research using Islamic-based cognitive behavioral therapy from 2014 to 2022 on the google scholar database. From the results of this study, important data will be obtained in the form of a formulation of the distribution of counseling that integrates Islamic values in what cognitive therapy has been researched and which has not been studied. The benefit of this research is that it becomes a valuable resource for readers and the professional community (Lenz, 2020).

## Methods

This study uses a content analysis procedure. According to (Krippendorff, 2004) content analysis is a research technique to make conclusions that can be replicated and valid from the text with the context of its use. In addition, content analysis also requires a systematic review of the text, meaning in a clearly defined context. In counseling research, content analysis has been widely recognized and used by many researchers. Among them, it is used to examine ethnic/racial/cultural group counseling (Hawkins, 2018), the counseling profession (Rausch et al., 2019), school counseling patterns and trends (Griffith et al., 2017).

Manuscripts in the content analysis were taken from 2014 to 2022 by authors from Indonesia. The data collection method was carried out in the following ways: 1) The author conducted a search on the Publish or Perish 8 application with the Google Scholar data source using the title of the search word Islamic Cognitive Behavior Therapy; 2) Search result data from publish or perish applications cannot be directly analyzed. Thus, the data is selected by triangulation of sources (data in the form of reports from publish or perish is entered into mandeley, then confirmed at the url of the script provider). The author must reduce the 16 search results one by one and leave 13 manuscripts. The reduction is done by checking the author's name, title, year, and publisher; 3) The author only takes the type of article manuscript and thesis totaling 13 manuscripts.

This study uses content analysis. Some research results using content analysis in counseling studies produce content areas and coding, for example in the research of Worthington et al. and Yoon et al. (Worthington et al., 2007; Yoon et al., 2011). This study is different from Worthington et al and Yoon et al who analyzed multicultural counseling, but there is a classification that can be used as a guide for Islamic Cognitive Behavior Therapy research. These content areas include authorship and author affiliation, research methodologies, and topics. It is important to mention that there is no classification guide for Islamic Cognitive Behavior Therapy research.

The author reviews the manuscript and forms an initial content category. Furthermore, the search results on the publish or perish application have no research results that use meta-analysis or content analysis that examines Islamic Cognitive Behavior Therapy Empirical Research in Indonesia. From here, the author develops a coding scheme. First, inductively reviewing the contents of 13 Islamic Cognitive Behavior Therapy manuscripts search results on the publish or perish application starting from 2014-2022 (Search for date and time 2022-08-04 08:31:51 +0700 (Publish or Perish, 2022)). Second, compiled based on the needs and relevance to the research objectives. The author takes the important points of the formulation of the results of the first Islamic Counseling Guidance seminar (in 1985) to the VI (in 2017) (Tajiri, 2014) as a classification in the study. With scientific reasons, that from the formulation into components that complement Islamic guidance and counseling as a science. The study was coded into ten content categories, namely: 1) Marriage and family, 2) Education, 3) work/career, 4) Social and community, 5) religion, 6) clinical.

The author assigns the coding scheme of 13 texts to the content categories of research methodology: (a) qualitative, (b) quantitative, or (c) conceptual, (d) Library Research. In addition,

researchers also classify Leading publications and authors. Descriptive statistics are used to analyze content analysis research from 13 manuscripts, title, year, publications, leading publication, leading author, type. The results will be presented in Table 1. Result of Islamic Cognitive Behavior Therapy Empirical Research (2014-2022); Table 2. Year of Islamic Cognitive Behavior Therapy Empirical Research (2014 – 2022); table 3. Type Papers of Islamic Cognitive Behavior Therapy Empirical Research (2014 – 2022); Table 4. Research Design of the 13 of Islamic Cognitive Behavior Therapy Empirical Research (2014 – 2022); Tables. 5 Content-Analysis Categories of Islamic Cognitive Behavior Therapy Empirical Research (2014 – 2022); Table 6. Leading Publication Journal of Islamic Cognitive Behavior Therapy Empirical Research (2014 – 2022); Table 7. Leading author of Islamic Cognitive Behavior Therapy Empirical Research (2014 – 2022).

## Findings dan Discussion

The author reduces one by one from 16 papers starting from the author, title, year, publisher and type. The reduction is done by confirming the data that has been exported to Mendeley with the search results publish or perish and the website of the script provider. After the reduction of the 16 papers, the remaining 13 are valid to be used as data in this study.

Table 1. Result of Islamic Cognitive Behavior Therapy Empirical Research (2014 –2022)

No	Authors	Title	Years	Publication	Type
1	M. Allamal Badri (Badri, 2022)	Islamic Counseling Using Behavior Therapy Approach with Cognitive Restructuring Techniques to Overcome Neglect in Surabaya	2022	Universitas Islam Negeri Sunan Ampel Surabaya	Thesis
2	Fahrurrazi & Nurjannah (Fahrurrazi & Nurjannah, 2021)	Application of Islamic-Based Cognitive Behavior Therapy for Alcoholics	2021	JIVA: Journal of Behavior and Mental Health	Article
3	Faulita Nisfa Lailatin (Lailatin, 2020)	Cognitive Behavior Therapy Techniques Through Happiness Prayer Therapy to Eliminate the Impact of The “Naughty Child: Label A Teenager At Parlaungan Islamic Middle School Waru Sidoarjo	2020	Universitas Islam Negeri Sunan Ampel Surabaya	Thesis
4	Isma Kurnia (Kurnia, 2019)	Islamic Guidance and Counseling with Cognitive Behavior Therapy to Overcome Shopaholic Online Shop for a Student at Uin Sunan Ampel Surabaya	2019	Universitas Islam Negeri Sunan Ampel Surabaya	Thesis
5	Ainun Jariyah (Jariyah, 2019)	Islamic Counseling Through Cognitive Behavior Therapy to Handle Trauma of a Child Victim of Physical Sexual Harassment at the East Java Child Protection Institution	2019	Universitas Islam Negeri Sunan Ampel Surabaya	Thesis
6	Dini Firlanda (Firlanda, 2019)	Implementation of Group Counseling Services with Cognitive Behavior Therapy Approaches to Minimize Learning Difficulties for Class VIII Students at the Integrated Islamic Junior High School Ibnu Halim Medan Deli Academic Year 2018/2019	2019	Universitas Muhammadiyah Sumatera Utara	Thesis
7	Choirun Nisak (Nisak, 2019)	Islamic Counseling Through Cognitive Behavior Therapy Approaches in Emotion Regulation for Bilingual Madrasah Aliyah Santri in Krian Sidoarjo	2019	Universitas Islam Negeri Sunan Ampel Surabaya	Thesis
8	Nursabila (Nursabila,	Islamic Guidance and Counseling with Cognitive Behavior Therapy in An Effort to	2018	Universitas Islam Negeri	Thesis

	2018)	Handle A Teenager With Histrionic Tendencies At The Surabaya Hotline Foundation		Sunan Ampel Surabaya	
9	Ella Kholilah, Yulia Solichatun (Kholilah & Solichatun, 2018)	Play Therapy with CBPT (Cognitive Behavior Play Therapy) In Increasing Concentration in Children With ADHD	2018	Psikoislamika : Jurnal Psikologi dan Psikologi Islam	Article
10	Muhimmatul Farihah & Imas Kania Rachman (Farihah & Rachman, 2017)	Islamic-Based Cognitive Behavior Therapy Approach to Overcome Inmates' Social Anxiety	2017	Hisbah: Jurnal Bimbingan Konseling dan Dakwah Islam	Article
11	Fibriana Miftahus Sa'adah & Imas Kania Rachman (Sa'adah & Rahman, 2015)	The Concept of Guidance and Counseling Cognitive Behavior Therapy (Cbt) With an Islamic Approach to Improve Students' Altruism Attitudes	2015	Hisbah: Jurnal Bimbingan Konseling dan Dakwah Islam	Article
12	M. Hafidz Akhiriwan (Akhiriwan, 2014)	Islamic Guidance and Counseling With Cognitive Behavior Therapy (Cbt) In Preventing Mental Health Problems (Anxiety) Of A Student At A Bilingual Madrasah Aliyah Krian Sidoarjo	2014	Universitas Islam Negeri Sunan Ampel Surabaya	Thesis
13	Muhammad Afdhal (Afdhal, 2014)	The combination of cognitive behavior therapy and fluoxetine as the most effective treatment for bulimianervosa patients according to Ked and Islam	2014	Universitas YARSI	Diplom a Thesis

Table 2 presents the Year of Islamic Cognitive Behavior Therapy Empirical Research Papers Base on Google Scholar 2014-2022. The order of presentation is according to the report results from the publish or perish application, starting from 2022 n = 1 (7%), 2021 = 1 (8%), 2020 = 1 (8%), 2019 n = 4 (35%), 2018 n = 2 (15%), 2017 n = 1 (8%), 2016 n = 0 (0%), 2015 n = 1 ((8%), 2014 n = 2 (15%) for a total of 13 manuscripts.

Table 2. Year of Islamic Cognitive Behavior Therapy Empirical Research (2014 –2022)

No	Year	N	%
1	2022	1	7
2	2021	1	8
3	2020	1	8
4	2019	4	31
5	2018	2	15
6	2017	1	8
7	2016	0	0
8	2015	1	8
9	2014	2	15
	Total	13	100

Table 3. describes the frequency and percentage of manuscript types assessed in this investigation. The most type of research is thesis with n = 9 (69%), the second most type is Article with n = 4 (31%). This can be seen in table 2 below:

Table 3. Type Papers 2014-2022

No	Type	N	%
1	Thesis	9	69
2	Article	4	31
	Total	13	100

Table 4 describes the frequency and percentage of research designs and methods used in the 13 manuscripts analyzed in this study. Most of the research studies were qualitative with n = 10 (77%); while quantitative, conceptual, and library research n = 1 (8%).

Table 4. Research Design of Islamic Cognitive Behavior Therapy (2014 –2022)

No	Research Design	Author	N	%
1	Qualitative	(Badri, 2022); (Fahrurrazi & Nurjannah, 2021); (Lailatin, 2020); (Kurnia, 2019); (Jariyah, 2019); (Firlanda, 2019); (Nisak, 2019); (Nursabila, 2018); (Akhiriwan, 2014);(Afdhal, 2014)	10	77
2	Quantitative	(Kholilah & Solichatun, 2018)	1	7
3	Conceptual	(Sa'adah & Rahman, 2015)	1	8
4	Library Research	(Farihah & Rachman, 2017)	1	8
		Total	13	100

Table 5. explains the Content-Analysis Categories for Islamic Cognitive Behavior Therapy Empirical Research. Based on the results of the content analysis of 13 Islamic Cognitive Behavior Therapy texts, the percentages per field are: 1) the field of marriage and family n = 1 (8%); 2) Education field n = 2 (17%); 3) Field of work or career n = 0 (0%); 4) Social sector n = 7 (59%); 5) Religious sector n = 1 (8%); 6) Clinical field n = 1(8%).

Table 5. Content-Analysis Categories of Islamic Cognitive Behavior Therapy Empirical Research (2014 –2022)

<i>Content-Analysis Category</i>	<i>Author</i>	<i>n</i>	<i>%</i>
1. marriage and family	(Badri, 2022);	1	8
2. education	(Firlanda, 2019); (Akhiriwan, 2014)	2	17
3. job/career		0	0
4. social community	(Fahrurrazi & Nurjannah, 2021); (Kurnia, 2019); (Jariyah, 2019); (Nisak, 2019); (Nursabila, 2018); (Farihah & Rachman, 2017); (Sa'adah & Rahman, 2015);	7	59
5. religious.	(Lailatin, 2020);	1	8
6. clinical	(Kholilah & Solichatun, 2018);	1	8
Total		13	100

Table 6 describes the Leading Publication of Islamic Cognitive Behavior Therapy. The first most n = 7, namely: State Islamic University of Sunan Ampel Surabaya. The second largest publisher n = 2, namely: Hisbah: Journal of Islamic Counseling and Da'wah Guidance.

Table 6. Leading Publication Journal of Islamic Cognitive Behavior Therapy Empirical Research (2014 –2022)

No	Publication Journal	Article
1	Sunan Ampel State Islamic University Surabaya	7
2	Hisbah: Journal of Islamic	2

	Counseling and Da'wah Guidance	
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Table 7 describes the Leading Author of Islamic Cognitive Behavior Therapy. The first highest n = 2, namely: Imas Kania Rachman.

Table 7. Leading Author of Islamic Cognitive Behavior Therapy Empirical Research (2014 –2022)

No	Author	n
1	Imas Kania Rahman	2

The purpose of this study using content analysis is to explain trends in Islamic Cognitive Behavior Therapy Empirical Research in the google scholar index data base between 2014 and 2022. Important findings are discussed in this discussion.

First, the findings related to the distribution of Islamic Cognitive Behavior Therapy were dominated by 2019 with n = 4 (31%), followed by 2014 n = 2 (15%). 2016 was the year where there was no research n = 0 (0%). So it can be concluded that this research fluctuates from year to year. Second, from 13 manuscripts analyzed, Islamic Cognitive Behavior Therapy research was dominated by thesis research type with n = 9 (69%), followed by Article type with n = 4 (31%). Thus, it can be concluded that the type of thesis is the result of undergraduate research as a final project. Meanwhile, the types of articles written by researchers from many backgrounds can be undergraduate students, master students, doctoral students, teachers or lecturers or practitioners.

Third, Islamic Cognitive Behavior Therapy research is dominated by a qualitative research design with n = 10 (77%). This means that Islamic Cognitive Behavior Therapy researchers in Indonesia are more interested in qualitative designs. Then followed by quantitative, conceptual, and library research n = 1 (8%). In addition (Worthington et al., 2007; Yoon et al., 2011) using coding research methodology. The findings of the Islamic Cognitive Behavior Therapy research design add to the treasures of content analysis research and are the first in Indonesia.

Fourth, of the five fields (marriage, education, work/career, social, religious) formulated at the II Islamic Guidance and Counseling Seminar and Workshop (Tajiri, 2014) dominated by the social sector n = 7 (59% ). While there is no research is the field of work or career n = 0 (0%). Indonesian researchers have also developed concepts, approaches, models, media, techniques, Islamic counseling instruments, namely n = 12 or 5%. This finding shows that Indonesian researchers have a high interest in social research using Islamic-based CBT.

Fifth, UIN Sunan Ampel Surabaya is the largest with details of n = 7. UIN Sunan Ampel Surabaya is currently the number 1 State Islamic University in Indonesia according to the uniRank version (UniRank, 2021) and occupies the position of the 24th best university of all universities in Indonesia. Then, the second largest is Hisbah: Journal of Guidance Counseling and Islamic Da'wah (State Islamic University of Sunan Kalijaga Yogyakarta, 2022)with details n = 2. Journal of Hisbah: Journal of Guidance Counseling and Islamic Da'wah is currently accredited SINTA 3 by the ministry of education and culture the republic of Indonesia. Sixth, the most author who studies Islamic Cognitive Behavior Therapy is Imas Kania Rahman n = 2. He is a permanent lecturer at Ibn Khaldun University Bogor with expertise in guidance and counseling (google scholar, 2022).

## Conclusion

This content analysis shows a description of the content analysis of the Islamic Cognitive Behavior Therapy research from 2014 to 2022 in the Google Scholar database. Trends in years, type of manuscript, research design, content analysis areas and most publishers from journals and



universities, are summarized to provide context and comparison in the literature in this study. The findings of this study provide direction for future researchers to examine Islamic Cognitive Behavior Therapy in the career, clinical, religious, marriage and family fields.

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