

ABSTRAK

Sintia Nurrohmah Awaliah, 2025. Konseling Islam Integrasi Stoikisme Untuk Mengoptimalisasi Kesadaran Emosi Remaja (Penelitian Deskriptif pada Peserta Didik di Smkn 1 Sumedang)

Penelitian ini bertujuan untuk mengembangkan model layanan *Konseling Islam* yang terintegrasi dengan prinsip-prinsip *Stoikisme* dalam rangka mengoptimalisasi kesadaran emosi remaja di lingkungan sekolah menengah kejuruan. Latar belakang penelitian ini berpijak pada fenomena rendahnya kemampuan peserta didik dalam mengenali, memahami, dan mengelola emosinya secara sehat, padahal kesadaran emosi merupakan fondasi utama dalam pembentukan karakter, pengambilan keputusan, serta hubungan sosial yang adaptif. Teori utama yang digunakan mencakup Teori Kesadaran Emosi David R. Hawkins, prinsip-prinsip *Stoikisme* seperti *dichotomy of control*, *self-discipline*, dan *emotional acceptance*, serta nilai-nilai spiritual Islam yang tercermin dalam konsep sabar, tawakal, muhasabah, dan ridha.

Penelitian ini menggunakan pendekatan kualitatif deskriptif dengan teknik wawancara tertulis semi-terstruktur, observasi partisipatif, dan dokumentasi. Data dikumpulkan dari 27 peserta didik SMKN 1 Sumedang dari berbagai jurusan yang terbagi antara Kampus Depan dan Kampus Belakang. Analisis data dilakukan dengan model Miles dan Huberman yang mencakup reduksi data, penyajian data, dan penarikan kesimpulan, serta diuji keabsahannya melalui triangulasi sumber dan metode.

Hasil penelitian menunjukkan bahwa: (1) peserta didik secara umum belum memiliki strategi eksplisit dalam mengidentifikasi emosi, namun dapat dikembangkan melalui pendekatan reflektif Islami-Stoik; (2) pelaksanaan layanan konseling yang mengintegrasikan nilai Stoik dan prinsip Islam terbukti membantu peserta didik memahami dan mengelola emosi secara lebih rasional dan spiritual; (3) terdapat peningkatan signifikan dalam kesadaran emosi peserta didik berdasarkan indikator K1–K11 yang mencakup pengenalan, pengendalian, dan refleksi emosional; serta (4) telah dirancang satuan layanan BK Islam integrasi *Stoikisme* yang sistematis dan dapat direplikasi oleh praktisi konseling di sekolah. Temuan ini menghadirkan kontribusi konseptual, metodologis, dan praktis yang signifikan bagi pengembangan layanan *Konseling Islam* integrasi nilai dan lintas disiplin.

Kata Kunci: Konseling Islam, *Stoikisme*, Kesadaran Emosi, Remaja, Layanan Konseling Terintegrasi

ABSTRACT

Sintia Nurrohmah Awaliah, 2025. *Islamic Counseling Integrating Stoicism to Optimize Emotional Awareness in Adolescents (A Descriptive Study on Students at SMKN 1 Sumedang)*

This research aims to develop a model of Islamic Guidance and Counseling services integrated with the principles of Stoicism to optimize emotional awareness among adolescents in vocational high school settings. The study is motivated by the phenomenon of students' low capacity in identifying, understanding, and managing their emotions in a healthy manner, despite the fact that emotional awareness is fundamental in shaping character, making decisions, and building adaptive social relationships. The core theoretical framework includes David R. Hawkins' Emotional Awareness Theory, key Stoic principles such as the dichotomy of control, self-discipline, and emotional acceptance, along with Islamic spiritual values such as sabr (patience), tawakkul (reliance on God), muhasabah (self-reflection), and ridha (acceptance of divine will).

This study employed a descriptive qualitative approach using semi-structured written interviews, participatory observation, and document analysis. Data were collected from 27 students of SMKN 1 Sumedang, spanning 10 majors across two campuses (Front and Rear). Data analysis followed the Miles and Huberman model involving data reduction, data display, and conclusion drawing, with validation through source and method triangulation.

The findings reveal that: (1) students generally lacked explicit strategies in recognizing their emotions, but showed significant development when guided through Islamic-Stoic reflective practices; (2) the counseling services that integrate Stoic values and Islamic principles effectively assist students in understanding and managing emotions with both rational and spiritual balance; (3) there is a significant improvement in students' emotional awareness based on indicators K1–K11 encompassing recognition, control, and reflection of emotions; and (4) a structured, replicable integrated Islamic counseling module based on Stoicism was successfully designed.

Keywords: *Islamic Guidance and Counseling, Stoicism, Emotional Awareness, Adolescents, Integrated Counseling Model*