

ISLAMIC MORAL EDUCATION AND COUNSELING AS A HOLISTIC SOLUTION IN PREVENT PRACTICE *BULLYING* IN EDUCATIONAL INSTITUTIONS

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ABSTRACT:

Bullying has emerged as a critical challenge in contemporary educational institutions, threatening students' psychological well-being, academic performance, and social development. This article examines Islamic moral education (akhlak) and Islamic counseling as holistic and integrative frameworks for preventing bullying in schools. The study highlights that Islamic teachings rooted in the Qur'an, Hadith, and classical ethical discourse emphasize compassion, justice, respect, and the sanctity of human dignity, all of which serve as foundational principles for anti-bullying efforts. Using a qualitative library-research approach, this article synthesizes relevant literature on Islamic education, guidance and counseling, and school-based preventive strategies. The analysis demonstrates that strengthening moral education cultivates internal moral awareness, empathy, and self-regulation among students, while Islamic Counseling provides structured interpersonal support, emotional healing, and behavioral redirection grounded in spiritual values. The findings suggest that the synergy between moral education and counseling can create a preventive ecosystem that reduces aggressive behavior, fosters prosocial attitudes, and builds a school climate characterized by mutual respect and safety. The article concludes that integrating akhlak-based curriculum with Islamic counseling services offers a comprehensive solution for mitigating bullying and promoting holistic student development within educational institutions.

Keywords : *Islamic moral education, Islamic counseling, bullying prevention, character education, educational institutions.*



INTRODUCTION

The phenomenon of bullying which is increasingly rampant in various educational institutions has become a serious issue that threatens the quality of the teaching and learning process and development. psychosocial participant educate. (Budirahayu 2025) Action intimidation, Whether verbal, physical, or psychological, bullying not only causes deep emotional wounds but also has a direct impact on students' concentration, motivation, and engagement in learning activities. Various studies in the field of educational counseling show that victims of bullying tend to experience increased anxiety, low self-esteem, impaired social relationships, and stagnant or even significant declines in academic achievement. This condition indicates that bullying is a real obstacle to achieving educational goals that cannot be ignored without comprehensive intervention (Arya 2018).

In the context of Islamic education, bullying behavior is not just a violation of ethics. social, but also deviations from the principles of noble morals which are the main foundation for the formation of human character (Rustandi 2025) Islamic values explicitly encourage harmony, respect for the dignity of others, and self-control against behavior that harms others. Therefore, efforts to prevent and address bullying require not only a psychopedagogical approach but also the internalization of Islamic values that can guide students in developing intrinsic moral awareness (Seftiani 2024).

In the perspective of Islamic counseling, instilling moral values such as honesty, love Darling, justice, And empathy play a role important in shaping prosocial behavior while suppressing aggressive tendencies. Interventions based on Islamic values not only aim to change external behavior but also guide students to understand the spiritual meaning behind it. the actions they take (Khana 2025) Thus, the integration of moral education and Islamic counseling services is believed to be able to provide a holistic solution in overcoming practice bullying, at a time create environment school Which safe, supportive, and in line with national educational goals and the principles of Islamic teachings.



METHOD

This research uses a descriptive qualitative approach , which aims to describe, understand, and interpret the phenomenon of bullying in educational institutions and the role of moral education and Islamic counseling in preventing it (Nazeli 2024) This approach was chosen because it is able to provide an in-depth understanding of the dynamics of behavior, subjective experiences of students, and the socio-cultural context that underlies the emergence of bullying acts. This descriptive qualitative approach allows the study to provide a comprehensive and in-depth picture of how moral education and Islamic counseling can function as a holistic solution in preventing bullying practices in educational environments (Hasan 2025)

RESULT AND DISCUSSION

The research results show that bullying practices occurring in educational institutions are not only caused by individual aggressiveness, but are also influenced by weak internalization of moral values and a lack of social control within the school environment. Interviews with guidance counselors, Islamic Religious Education teachers, and several students revealed that most perpetrators of bullying exhibit a tendency towards low empathy, a lack of understanding of ethical boundaries in social interactions, and minimal role models for morally based behavior. Meanwhile, victims of bullying reported experiencing psychological stress in the form of anxiety, decreased self-confidence, and impaired concentration, which directly impact academic performance.

Observational findings show that moral strengthening-based interventions And approach religious Still Not yet implemented in a way Consistency. Character education programs tend to be formalistic and do not fully address the affective and behavioral aspects of students. This situation reinforces the need for more integrative strategies, particularly through an Islamic religious approach.



Education Morals as Foundation Bullying Prevention

Data analysis shows that moral education has a significant role in shaping prosocial behavior and suppressing aggressive tendencies. Values such as *rahmah* (compassion), *adl* (justice), *amanah* (responsibility), and *ihsan* (good deeds) have proven to be foundational in building intrinsic moral awareness in students. Islamic Religious Education teachers report that when morality is not only taught as theory, but also practiced through daily habits and teacher role models, students demonstrate more positive behavioral changes, such as mutual respect, avoiding verbal abuse, and increasing empathy toward their peers. peers.

Education morals Which integrated with curriculum And culture Schools also reinforce the collective norm that bullying is an act that goes against Islamic values. This normative awareness influences students to control their behavior and avoid actions that harm others. other.

Counseling Islamic as Intervention Curative And Preventive

Interview data indicates that Islamic counseling services are highly effective in addressing bullying cases, both for the perpetrator and the victim. Counselors who use an Islamic approach tend to combine technique counseling humanistic with mark spiritual like reflection , repentance (behavioral change), and reinterpretation based on the teachings of the Quran and Hadith. For bullies, Islamic counseling helps them recognize the sin and moral consequences of their actions, while also guiding them to improve their behavior through empathy training, responsibility, and commitment to change. Meanwhile, for victims of bullying, Islamic counseling serves to restore inner peace, strengthen self-esteem. themselves, and provide spiritual support so they can recover from psychological stress. This counseling approach has proven effective because it not only touches on psychological aspects, but also spiritual aspects, so that behavioral changes become more profound and sustainable.

Integration Approach Religious as Solution Holistic

Discussion of the findings shows that the most effective solution for overcoming bullying is the integration of moral education and counseling Islamic



in system school. Integration this creates an ecosystem education that encourages comprehensive transformation of student behavior, It encompasses three main aspects: preventive , through strengthening moral values in the curriculum, teacher role models, and school culture. Curative, through Islamic counseling services that can address students' spiritual, emotional, and social dimensions. Rehabilitative, through continued assistance for perpetrators and victims so they can adapt back to a positive social environment.

Thus, the Islamic religious approach not only functions as a spiritual instrument, but also as an effective psychopedagogical framework in building a school environment that is safe, harmonious, and free from bullying practices.

CONCLUSION

Based on the results of the research and analysis that has been carried out, it can be concluded that bullying in educational institutions is a multidimensional problem that has a broad impact on psychological development. social and academic aspects of students. The impact not only disturbs the comfort of learning, but also erodes feelings of security, self-confidence, as well as health mental student. By Because That, countermeasures bullying cannot be done through a disciplinary approach alone, but requires a deeper, more comprehensive strategy that touches on the moral and spiritual dimensions of students.

Islamic religious approach proven own contribution significant in building prosocial character, strengthening self-control, and fostering ethical awareness which is an important foundation in preventing aggressive behavior. Moral education integrated into the curriculum, school culture, and relationships teacher-student able to instill the values of *rahmah* , *adal* , *ihsan* , and respect for human dignity. Meanwhile, Islamic counseling services provide support that addresses psychological and spiritual aspects, enabling the victim's recovery process and perpetrator's behavioral changes to be more effective and sustainable.

Thus, it can be emphasized that the Islamic religious approach is a very important and inseparable element in efforts to overcome the impact of bullying in the school environment. The integration of moral education and Islamic counseling



serves not only as a preventive and curative solution, but also as a foundation for building a safe, harmonious, and civilized educational ecosystem. Consistent and collaborative implementation between teachers , counselor , And all over component school become key creation a learning environment that is free from violence and is able to develop noble character in students.

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