

Application of the Conceptual Model of Buddhist Counseling and Guidance Through Online Media During the Covid 19

Sulaiman Girivirya¹

¹Senior Lecturere Sriwijaya State Buddhist College, Tangerang, Indonesia;

Ph.D. Student, College of Religious Studies Mahidol University

[1girivirya@stbn-sriwijaya.ac.id](mailto:girivirya@stbn-sriwijaya.ac.id)

ABSTRAK

Ajaran dasar empat kebenaran mulia berfungsi sebagai landasan paradigma konseptual psikologi konseling Buddha. Empat Kebenaran Mulia adalah ajaran Buddha yang paling mendasar, baik buddha dengan mazhab Mahayana maupun Theravada memiliki pemahaman serupa. Model ini diaplikasikan dalam bentuk pelatihan dengan mengukur pengetahuan konsep sebelum dan setelah pelatihan. Setelah dilakukan ujian akhir pada pelaksanaan program sesi kedua, para peserta aplikasi "Model Pelatihan Psikologi Konseling Buddha" ini mengalami peningkatan penguasaan ilmu pengetahuan dari 46,67 persen menjadi 78,24 persen. Temuan ini menyiratkan bahwa umat Buddha perlu meningkatkan pengetahuan mereka tentang sumber Bimbingan dan Konseling Buddhis sambil mencari arahan atau menyelesaikan masalah pribadi, keluarga, atau komunal. Ketangguhan peserta setelah kegiatan ini juga ditunjukkan dengan berbagai masukan yang antusias.

Keywords: model, bimbingan dan konseling Buddha, media online, covid-19

ABSTRACT

The foundational teaching of the four noble truths is the foundation of the Buddhist counseling psychology conceptual paradigm. The Four Noble Truths are the most fundamental teachings of Buddhism, and both Mahayana and Theravada Buddhists subscribe to them. This model is applied in the form of training by measuring prior concept knowledge and training. After a final exam was done at the implementation of the program's second session, the participants of the application "Buddhist Counseling Psychology Training Model" increased their level of knowledge mastery from 46.67 percent to 78.24 percent. This finding implies that Buddhists need to improve their knowledge of Buddhist Guidance and Counseling resources while seeking direction or resolving personal, family, or communal issues. The participants' strength after this activity was also demonstrated by a variety of enthusiastic inputs.

Keywords: models, Buddhist counseling and guidance, online media, covid-19

INTRODUCTION

In living life, every human being is not detached from the problems of life. Everything that arises has an impact on the psychological side so that it experiences discomfort in every activity. How far one can get away from the case experienced and unable to solve, the reality is that even if one tries to stay away, it is not a path of completion. Some people can share and solve their problems, but some cannot solve themselves and create a dead-end; some people try to solve with the help of others.

Guidance and counseling activities are usually known to the broader citizens still in the description of services in the scope of educational institutions. This activity does not only accompany students who have adverse problems. However, directing students to their interests and talents to determine the path of their career. Both guidance and counseling services in schools or the context of the community these two types of services are needed. They are directing individual potential and resolving emotional problems that impact the decline of life productivity.

Among Indonesian Buddhists, a clergyman called Pandita helps monks or nuns who have the main task of practicing spirituality and serving the ummah. Monks are male Buddhist clergy who live celibacy by the rules of savagery. Nuns are women who live in monasteries with more monastic rules of life than monks. The lack of monks and nuns in Indonesia gave rise to the role of Pandita as spiritual servants for Buddhists. This role is not infrequently done by teachers and Buddhist extensionists with academic degrees of bachelor of education (buddha) and bachelor of religion (buddha).

The implementation of scientific integration of counseling guidance among Pandita, Buddhist teachers, and Buddhist extensionists, and Buddhist communities themselves still do not have a clear scientific stem from experts. Sulaiman (2020) formulated a model of Buddhist counseling guidance by integrating science and Buddhist scripture texts. However, this model has not been fully disseminated. The fullness of power spread throughout Indonesia does not allow evenly reached. When covid-19 attacked Indonesia in early 2019 until 2021, the rise of virtual face-to-face learning and through Learning Management System (LMS) applications such as Google Classroom was widely used in education circles. This research shows how online media can help apply the model of Buddhist counseling guidance for Buddhist Pandita, Buddhist teachers, and Buddhist preachers, as well as knowledge for Buddhist communities.

METHOD

In the design of this study, researchers prepared several related steps: (I)Pre-webinar workshop through the virtual channel: a) compiled training presentation material "Buddha Guidance and Counseling Model, and videos that support training materials using paid video

editor application, Camtasia 2020 based on Mac OS; b) compiling and promotion materials in cooperation with Buddhist religious organizations, and the Directorate General of Buddhist Community Guidance in the form of brochures to social media using paid image processors and disseminating. (II) Conduct research: a) combine all materials into the Learning management system (LMS) using Google Classroom; b) enter and compile the test into Google form, create a WhatsApp group, and use paid zoom meetings for virtual face-to-face classes.

Researchers used pre-post-test designs, before and after activities with an online media approach using zoom modules and electronic audiovisual media that support participants. Participants consisted of Buddhist education teachers, Pandita, extensionists, and general Buddhist participants from several regions in Indonesia. The test instrument before and after is distributed through google form before training begins, and the test is carried out again after training. The analysis is done by looking at the test results before and after it is done through a google form.

RESULT AND DISCUSSION

The Buddhist counseling guidance model was developed to push scientific integration that can contribute science and benefits to modern society. Today, in an era full of pressures and life choices, an approach that has a psychologically positive impact on the world community. In many works of literature, the field of counseling includes family counseling, marriage, marriage, career counseling, social counseling, and religious counseling. By constantly referring to the concept of counseling thinking as an activity in helping people or groups improve themselves, skills, and skills to solve a case with a psychological approach, this model is thought to be needed to be resolved. From the results of this study, the implementation of this model provided improved results in the aspect of knowledge before and after training, from an average of 46.67/ 100 points to 78.24/ 100 points, from 34 participants, as shown in the following chart image.

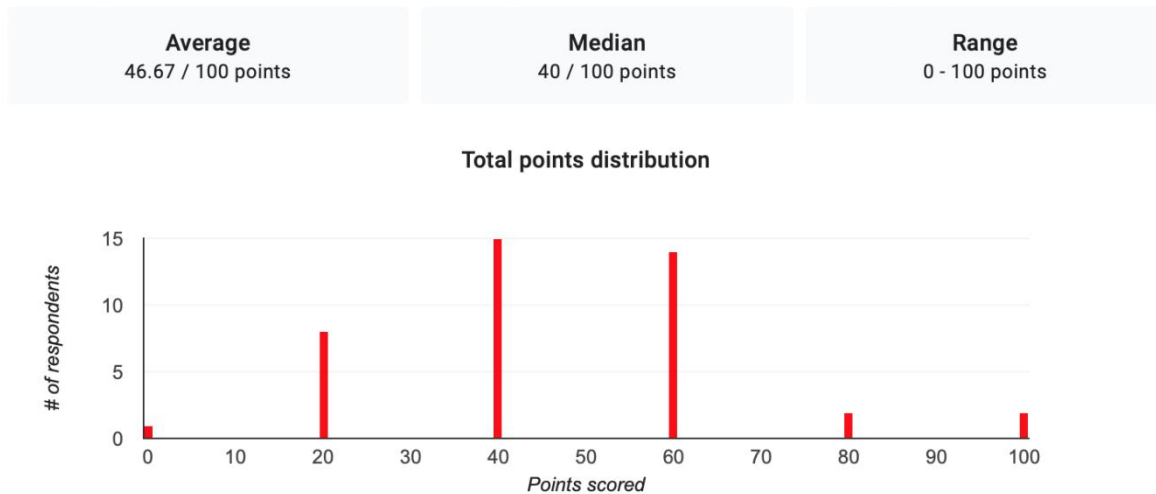


Figure 1. Pre-Test Chart

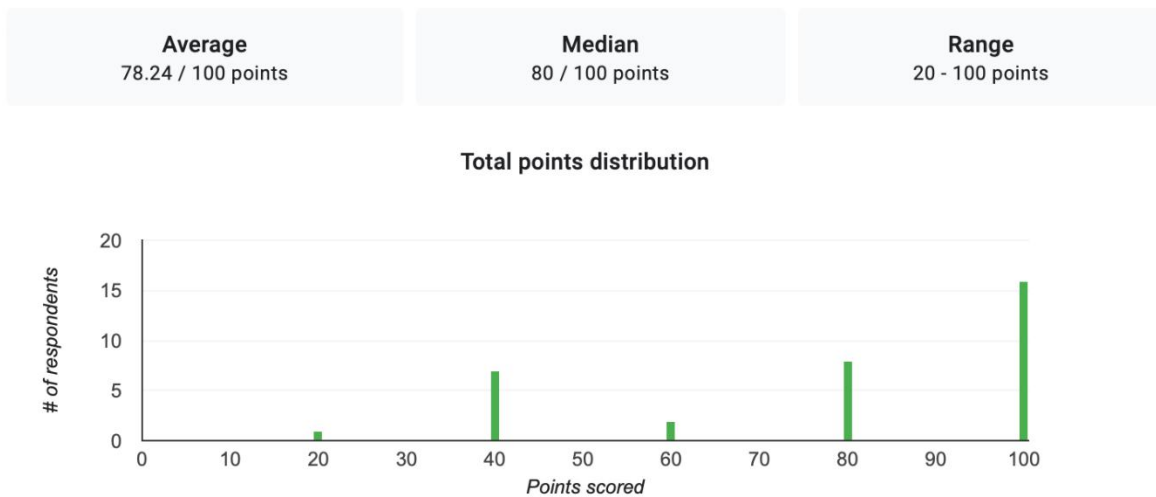


Figure 2. Pre-Test Chart

Buddhist teachers, religious teachers, and Buddhist preachers, and Buddhists who participated in this training gained a new knowledge expected to help them perform services and guidance for themselves. With the integration of scientific advice and counseling with Buddhism, there is a context that can provide solutions for Buddhist communities. From the results of the evaluation also appears that the community needs guidance and counseling services based on Buddhist scripture texts. This training, through online media, can reach all Buddhists, especially in Indonesia, so that the need for Buddhist guidance and the counseling-based program is needed in addition to just encouragement to receive advice from monks and nuns in monasteries. This is also by what was conveyed (Prayitno 2013: 12) that "The basics of guidance and counseling are not just encouragement in the form of counseling. Giving advice

is only a tiny part of guidance and counseling efforts. Guidance and counseling services concern all interests of the client in the framework of the full development of the individual.

Conceptual Model of Buddhist Counseling Guidance

Every human experience forms flashes of memory. Scratching memories from this experience can be a pleasant impression, give mental discomfort, or be just neutral. Of every practice, unpleasant and pleasant conditions are most imprinted in a person's memory. The influence of this unpleasant experience in the field of psychological science is even studied in detail. Scratching unpleasant experiences can even affect physical discomfort or psychosomatic. If the opposite happens, it is called somatics. The meaning of experiences that ignore mental suffering has been a problem for every human being from the Buddhist era to this modern era. To this day, it remains relevant.

Throughout the Buddhas' life story, written in the Pali canon, there are several accounts of the mental anguish of being left behind by a much-loved son known as the Gotami Story, and the heresy of thinking an Angulimala who was about to achieve perfection by committing the crime of murder are stories that illustrate the buddha's skill in re-educating the erroneous concepts of his students at the time. The technique it uses is therapeutic. Buddha used verbal, cognitive communication, involving physical movements, and in spirituality-silence (the mind of the subject). The basic framework of conceptual models that can be interpreted in therapy or counseling conditions is the fundamental teaching of the four noble truths. The most basic Buddhist teachings are the Four Noble Truths that Buddhists embrace from the Mahayana and Theravada traditions.

The Four Noble Truths (Pali: cattāri ariyasaccāni Sanskrit: catvāri āryasatyāni) include dukkha: sufferer (dissatisfaction), accumulated samudaya or origin of suffering (blow), ways to escape suffering (dissatisfaction), and the right path to the melting of suffering (dissatisfaction). From a psychotherapist's perspective, the Four Noble Truths are symptoms (the nature of hell), diagnosis (source of suffering), healing (disappearance of grief), and treatment (the path to nirvana). From the four noble truths in this discussion can be drawn a conceptual model of Buddhist Guidance and Counseling based on Buddhist Therapeutic Communication while teaching that is synthesized from the point of view of psychotherapy, as follows:

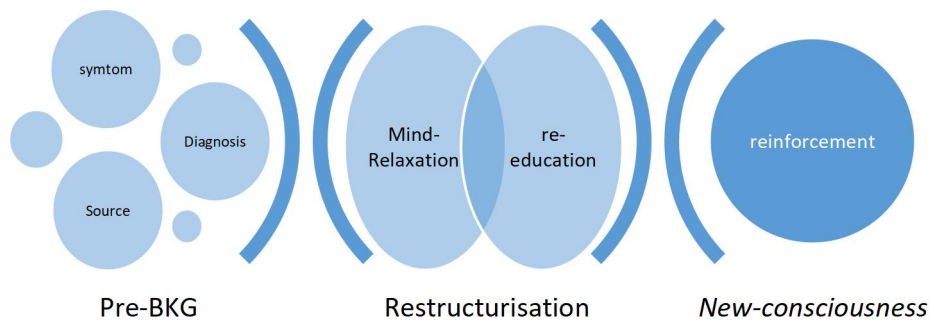


Figure 3. Conceptual Model of Buddhist Counseling and Guidance

Three critical stages start from pre-guidance and conduct, followed by induction to bring the client (Buddhists) through the moment before proceeding to the second step of determining, analyzing, and restructuring the client's problems and then closed with emerging or strengthening of the release of the issues or strengthening the positive things achieved in the Combigan process and counseling that has been going on. Some of the Buddha's core teachings are mindfulness at the present moment, the reality, delusions, and voidness (emptiness); love; and six paramitas that can be used as techniques in the restructuring process (Sulaiman, 2020).

Web and Technology Technology-Based Learning System

Perspectives on literacy are broad and diverse, depending on the view of scientific analysis. However, the substance of literacy is an understanding of reading and writing activities. According to Ferguson, five types of literacy must be instilled and developed in education, namely: (1) Basic Literacy, (2) Library Literacy, (3) Technology Literacy, (4) Media Literacy, and (5) Visual Literacy. While according to Goody, literacy is a person's ability to read and write about social phenomena scientifically (Sulaiman,2016). In this case, Buddhists and the general public as Pandita, Buddhist teachers, and extensionists, need additional skills to access the required information.

Digital literacy is the ability to find, evaluate, utilize, share, and create content using information technologies and the Internet. The understanding that digital literacy is more focused on trying to integrate the ability to find, evaluate, utilize, share and create content using technology and the internet, so that digital literacy is not only limited to mastery of computer technology and internet use skills that make humans as a mere robotic figure, but more broadly

that is to match between "literacy" and "digital." Digital information is a symbol of data representation. At the same time, literacy is more about reading, writing, and thinking critically (the ability to read for knowledge, write coherently, and think critically about the written word). Technology (computing and digitalization) must provide positive benefits and value for human life as a whole. Therefore, digital literacy must encourage someone (digital citizen) to be wiser, able to think analytically and critically. Therefore, the use of virtual channels in this learning process is very by the conditions of pandemic covid-19.

Indonesia is a country comprised of several islands spread across a vast landmass. In Indonesia, Buddhists are found in every province. Additionally, while direct face-to-face implementation is not possible during the COVID-19 Pandemic, the virtual face-to-face through zoom meeting and LMS via Google Classroom technique is thought likely to reach the full implementation subject. A comparable study (Pérez-Jorge et al., 2020; Shamir-Inbal & Blau, 2021; Tanaka & Ramachandran, 2021) examined teachers' experiences leading Emergency Remote Teaching (ERT) in K-12 classes. Synchronous sessions, as previously said, allow for social interactions rather than formal class meetings., formal synchronous learning sessions are built around whole-class activities such as discussion, personal writing, and peer feedback. By monitoring (using a digital camera), conversing (using microphones and headphones), and sharing screens for presentations and teamwork, video conferencing platforms such as Zoom enable two-way communication. Students gain autonomy through asynchronous work. Each student can study the same subject independently or in small groups through asynchronous activities using a platform such as Google's G-Suite for Education. Students can, for instance, use this approach to make digital artifacts. Teachers must lead and scaffold their students' self-learning in asynchronous activities. Through blended online learning, students can become more involved in the learning process (synchronous and asynchronous). Combining these two tactics can assist teachers in monitoring kids and maintaining school continuity during ERT. The evolution of communication from face-to-face to virtual (synchronous or asynchronous) communication necessitates new technology. According to the COVID-19 education model, one of the professional skills required to apply the organizational and planning skills and abilities is using technology tools and resources efficiently. As part of their independent study, students utilize video lectures, texts, and access to the department's website, including a core anatomical pathology resident subject. Students obtain complimentary educational materials from their classmates and the professional community.

A further researcher (Zaguia et al., 2021) utilized electronic education, online education, and virtual education. Electronic education is based on electronic education technology such as computer education systems and video conferencing systems and allied concepts such as virtual reality, interactive video, and e-books. E-learning is classified into three distinct groups in the

literature: I synchronous e-learning: this is a mode of education that requires direct interaction between students and teachers, such as exchanging ideas via chat or a virtual classroom. (ii) asynchronous e-learning: this mode of instruction eliminates the need for teachers and students to meet in person; students can interact with educational content via traditional ways such as e-mail or through customized software that leverages some built-in multimedia systems. (iii) education: education is built on a mix of synchronous and asynchronous online learning. Meanwhile, (Akta 2021) claimed that the school offers synchronous and asynchronous web-based and online classes for students in kindergarten through higher education. While technology is a lifesaver, complete learning cannot be accomplished only through listening to or viewing content. Rather than promoting technology that ignores pedagogy, schools should invest in supporting students in becoming lifelong learners, enriching their learning processes, and encouraging critical self-reflection, problem-solving ability, imagination, ideas, and projects that address social challenges. Significant effort must be made to reinterpret concepts that have been utilized previously. Similarly, implementing the Buddhist Counseling and Guidance Model with participants distributed throughout Indonesia becomes much more accessible.

CONCLUSION

Buddhism in East Asian society is not only a religion but also a way of life. Buddhism is taught as a mirror that erases shadows—Buddhist communication throughout teaching forty-five years of therapeutic character. Buddha taught in various ways to give medicine to the right audience at the right time. At this time, in the process of tutorials and counseling, the four noble truths to become a model of pre-guidance and counseling to determine problems, analyze problems, find solutions or restructure negative emotions that may arise as a result of unpleasant experiences. This matter can be studied and brought up more deeply by Buddhist scholars or academics who can be used by Buddhist counselors, priests, and assistant priests who serve people in more structured monasteries and later.

For Buddhist educational institutions, Buddhist organizations, and the government, in this case, the directorate general of Buddhist community guidance, can take advantage of this network technology-based media to help develop this guidance and counseling model for Buddhist priests, Buddhist teachers, and Buddhist counselors. A good understanding of the Buddhist guidance and counseling model developed based on integrating general knowledge, and Buddhist scriptures can help and serve the community, especially Buddhists.

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