



INTEGRATION-INTERCONNECTION STUDY RATIONALITY AND SPIRITUALITY: RECONCILING THE RELATIONSHIP BETWEEN THE ABCDE TECHNIQUE IN REBT AND ISLAMIC TEACHINGS

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Abstrak

Penelitian ini dilatarbelakangi oleh kebutuhan akan pendekatan bimbingan dan konseling yang tidak hanya berorientasi pada aspek psikologis, tetapi juga terintegrasi dengan nilai-nilai spiritual Islam. Teknik ABCDE dalam teori Rational Emotive Behavior Therapy (REBT) dipandang relevan untuk dikaji karena menekankan hubungan antara peristiwa, keyakinan, emosi, dan perilaku individu, yang sejalan dengan konsep Islam tentang pengelolaan pikiran dan sikap batin. Tujuan penelitian ini adalah untuk memahami dan menganalisis integrasi teknik ABCDE dalam REBT dengan nilai-nilai Islam dalam konteks bimbingan dan konseling Islam. Penelitian ini menggunakan pendekatan kualitatif dengan metode studi kepustakaan, melalui penelaahan berbagai literatur berupa buku, artikel jurnal, dan penelitian terdahulu yang relevan dengan topik REBT dan konseling Islam. Hasil kajian menunjukkan bahwa teknik ABCDE dapat membantu individu menyadari bahwa permasalahan emosional bukan semata-mata disebabkan oleh peristiwa, melainkan oleh keyakinan irasional terhadap peristiwa tersebut. Ketika teknik ini dipadukan dengan nilai-nilai Islam seperti sabar, tawakal, ikhtiar, dan penerimaan terhadap takdir, individu mampu menggantikan keyakinan yang keliru dengan pemikiran yang lebih rasional dan spiritual. Integrasi ini mendorong terbentuknya ketenangan emosional, sikap optimis, serta perilaku yang lebih adaptif. Kesimpulannya, penerapan teknik ABCDE berbasis nilai Islam memiliki kontribusi penting dalam memperkuat praktik konseling Islam, karena mampu meningkatkan keseimbangan antara rasionalitas berpikir, pengelolaan emosi, dan kedalaman spiritual individu dalam menghadapi berbagai tantangan kehidupan..

Kata Kunci:Integrasi-Interkoneksi,Teknik ABCDE, REBT

Abstract

This study is motivated by the need for a counselling approach that integrates psychological principles with Islamic spiritual values to address individuals' emotional and cognitive challenges holistically. The ABCDE technique within Rational Emotive Behaviour Therapy (REBT) is considered relevant because it emphasises the role of beliefs in shaping emotional and behavioural responses, which aligns with Islamic teachings on self-reflection

and inner awareness. The purpose of this study is to analyse the integration of the ABCDE technique of REBT with Islamic values in the context of Islamic guidance and counselling. This research employs a qualitative approach, utilising a library research method to review relevant books, scholarly articles, and previous studies related to REBT and Islamic counselling. The findings suggest that the ABCDE technique enables individuals to recognise that emotional disturbances are not directly caused by external events, but rather by irrational beliefs about those events. When integrated with Islamic values such as patience (sabr), trust in God (tawakkul), effort (ikhtiar), and acceptance of divine decree (qadar), individuals are better able to replace irrational beliefs with rational, constructive, and spiritually grounded perspectives. This integration supports emotional regulation, inner peace, and adaptive behaviour while strengthening spiritual awareness. The study concludes that integrating the ABCDE technique of REBT with Islamic values contributes significantly to the development of holistic Islamic counselling practices by fostering balanced cognition, emotional stability, and spiritual resilience in facing life's challenges.

Keywords: Integration, Interconnection, ABCDE Technique, REBT

Introduction

This research is motivated by the importance of developing an Islamic Guidance and Counselling approach, a form of assistance service that enables individuals to live their lives in accordance with the teachings and guidance of Allah SWT, encompassing spiritual, emotional, and behavioural aspects. (Azhar & Irsyadunnas, 2024) Islamic Guidance and Counselling is not only oriented towards resolving psychological problems, but also emphasises the development of faith, morals, and inner balance. In line with this, the ABCDE technique in Rational Emotive Behaviour Therapy (REBT) is considered relevant for study because it emphasises the relationship between events, beliefs, emotions, and individual behaviour. The purpose of this study is to analyse the integration of the ABCDE technique in REBT with Islamic values in the context of Islamic Guidance and Counselling. This study employs a qualitative approach, utilising a literature review that encompasses various books, scientific articles, and relevant previous research. The results of the study indicate that the ABCDE technique helps individuals realise that emotional disturbances are not solely caused by events, but by irrational beliefs about those events. When this technique is combined with Islamic values such as patience, trust in God, endeavour, and acceptance of one's destiny, individuals can develop a more rational, positive, and spiritual mindset. This integration fosters inner peace, emotional control, and more adaptive behaviour. Thus, it can be concluded that the application of the ABCDE technique, based on Islamic values, provides an essential contribution to strengthening the practice of Islamic Guidance and Counselling, which is holistic, humanistic, and oriented towards the psychospiritual well-being of individuals. (Miharja, 2020)

(Azhar & Irsyadunnas, 2024) This process invites individuals to realise their duties and responsibilities as servants of Allah, and to improve their relationships with Allah SWT and fellow

human beings. (Huda & Fitroh Nabila Muwafiqi, 2023) Islamic counselling guidance aims to lead individuals to a life filled with blessings and happiness, not only in this world but also in the hereafter. (Huda & Fitroh Nabila Muwafiqi, 2023). Thus, Islamic counselling guidance can help individuals lead a better life, especially when facing various life challenges that can be difficult to overcome. (Miharja, 2020).

In guidance and counselling practices in Indonesia, many still adopt Western psychological theories, even though the majority of the Indonesian population is Muslim. According to 2022 data from the Ministry of Religious Affairs of the Republic of Indonesia, approximately 241.7 million of Indonesia's 277.75 million people are Muslim (Satu Data, 2022). This figure illustrates the significance of incorporating Islamic values in the development of guidance and counselling in Indonesia. This situation underscores the need for efforts to integrate and interconnect knowledge to rebuild applied science by integrating Islamic values. Through this approach, guidance and counselling practices and theories applied in Indonesia can be more relevant and appropriate to the local socio-cultural context, particularly those rooted in Islamic teachings. (Miharja, 2020).

The development of guidance and counselling science in Indonesia, a predominantly Muslim country, must consider Islamic values, which serve as primary guidelines for daily life. Given the fundamental differences between Western theories, which tend toward secularism, and Islamic values, it is crucial to conduct research and studies to adapt guidance theories to the local context and Indonesian culture. (Hartati, Sri & Rahman, 2018) In this regard, the application of Islamic counselling, which integrates various scientific disciplines with Islamic values, is highly relevant. One approach that can be used is the REBT approach in counselling (Yanti, 2024).

REBT is an approach that focuses on how individuals understand and respond to events in their lives. REBT focuses on changing irrational thought patterns (beliefs) and replacing them with more rational and adaptive ones (Rahmawati, 2022). The ABCDE model in REBT is a helpful framework for describing how an individual's beliefs about an event can influence their feelings and behaviour. ABCDE consists of five steps: A (Activating Event), B (Beliefs), C (Consequences), D (Disputation), and E (New Effect).

Based on various studies, the REBT approach has a strong connection with Islamic values because they both emphasise the rational management of thoughts, emotions, and behaviour (Paturrochmah, 2020). Islamic teachings in the Qur'an also contain positive, fundamental human values that align with REBT principles (Pramono & Irsyadunnas, 2024). The integration of REBT with Islamic values is considered important because principles such as self-control, rationality, patience, tawakal (trust), and muhasabah (self-reflection) have conceptual alignment (Sya'ban et

al., 2024). Therefore, this integration makes counselling more holistic, contextual, and appropriate to the spiritual needs of Muslim clients.

Based on these problems, an in-depth study is needed regarding the ABCDE technique in REBT theory, which can be integrated with Islam, so that it can be applied in the implementation of Islamic guidance and counselling in Indonesia.(Nadila & Syarif, 2021)This study aims to understand and analyse the integration of interconnections in implementing the ABCDE technique within REBT theory, within the context of Islamic guidance and counselling. This is crucial so that it not only aligns with the Islamic values embraced by the majority of the Indonesian population but also effectively helps individuals face life's challenges and develop themselves holistically.(Psychology et al., 2018)Thus, this study is expected to provide relevant guidance and a framework for guidance and counselling practitioners to deliver meaningful services that meet the needs of the Muslim community in Indonesia.(Wahyuni et al., 2022).

Method

This research uses a library approach. The research process involves collecting various journal articles and previous research relevant to the research topic. The data obtained from journal and book sources are used as references to analyse the data, provide more structured explanations, and connect the research results to the broader context. By integrating empirical data with relevant theories, this research aims to make new contributions to a deeper understanding of the research topic, while also providing a strong foundation for the development of related theories or practices.

Results

The Rational Emotive Behaviour Therapy (REBT) theory, developed by Albert Ellis, teaches individuals how to understand the relationship between events, thoughts, feelings, and behaviour through the ABCDE model. This model explains how individuals respond to life events based on their underlying beliefs, and how shifts in those beliefs can lead to changes in their feelings and behaviour. The following is an in-depth explanation of each element of the ABCDE model in REBT, supplemented by verses from the Quran and expert interpretations to provide a deeper understanding.(Nusuki & Yulianti, 2022)

1. A – Activating Event (Trigger Event) in REBT and Islamic Perspective

The first element of the Rational Emotive Behaviour Therapy (REBT) model is the A - Activating Event, which refers to an external event or situation that triggers an emotional or

behavioural reaction in an individual. In the context of REBT, an "Activating Event" refers to any occurrence that can affect a person emotionally or psychologically, whether it is desirable or undesirable. These events can take various forms, ranging from negative situations, such as losing a job or receiving harsh criticism from a boss, to experiencing conflict with a friend or partner. Conversely, positive events, such as receiving an award, getting a promotion, or achieving an achievement, can also trigger an emotional reaction. The primary difference that distinguishes the impact of these events is how individuals interpret and evaluate them.(Aji, 2018)

REBT emphasises that what determines whether an event produces a positive or negative impact is not the event itself, but rather how the individual assesses or interprets it.(Koswanto, 2021)This means that two people can experience the same event but respond differently, depending on their beliefs and mindsets. For example, someone who loses a job might feel hopeless and anxious, while another person might see it as an opportunity to start a new career or pursue a long-delayed dream. This suggests that the emotions that arise in reaction to an event are more influenced by a person's personal perspective on the event than by the event itself.

In REBT, understanding these events is crucial because this therapy aims to help individuals identify and change irrational beliefs or thoughts.(Stevani et al., 2016)This therapy focuses on helping individuals change irrational thought patterns into more rational ones, enabling them to respond to events in a more effective manner. Constructive and healthy. For example, if someone believes that losing a job means they are a failure, this can lead to feelings of hopelessness and despair. Conversely, if the person replaces this belief with the view that job loss is part of the life process that can lead to better opportunities, the emotional impact can be much more positive. In this way, REBT teaches that we have control over how we assess and respond to events, which in turn affects our emotional well-being and behaviour.(Munawaroh et al., 2018).

However, for others with different perspectives on work, the same event can be viewed in a different light. For example, someone who views job loss as an opportunity to pursue a new career, start their own business, or take time to rest and reassess their life goals may experience different emotions. They might respond with relief, optimism, or even excitement about starting a new chapter in their life. This demonstrates that the same event can elicit profoundly different emotional reactions in different individuals, depending on their interpretation of it.

REBT teaches that many of our emotional and behavioural reactions are rooted in the beliefs and thought patterns we hold about the world and ourselves. For example, someone who believes they must always succeed and cannot fail may feel excessive stress and anxiety when faced with failure. Conversely, someone who holds a more flexible and realistic view, such as that failure is

part of the learning and development process, will be able to cope more constructively and healthily. In REBT, individuals are taught to recognise and challenge these irrational beliefs, developing more rational and adaptive thought patterns in the process. This enables them to respond to events more positively and productively. Thus, REBT emphasises the important role of thoughts in shaping feelings and behaviour, and how we can change the way we perceive the world to improve our emotional well-being. (Tamamiyah, 2023)

In Islam, these triggering events are often viewed as part of God's divine plan. Every event in our lives, both joyful and sorrowful, is predetermined by God and is part of His greater plan. As God teaches in Surah At-Tawbah (9:51):

قُلْ لَنْ يُصِيبَنَا إِلَّا مَا كَتَبَ اللَّهُ لَنَا هُوَ مَوْلَانَا وَعَلَى اللَّهِ فَلْيَتَوَكَّلِ الْمُؤْمِنُونَ

"Say, 'Nothing will happen to us except what Allah has ordained for us; He is our Protector. Moreover, only in Allah do believers put their trust."

This verse reminds Muslims to accept all events with complete trust (taqkul), meaning complete submission to God and the belief that every event in life is part of His plan. In the context of REBT, this understanding has strong relevance. When a person understands that everything that happens is part of God's destiny, they are better able to respond to events with greater wisdom and composure. For example, losing a job or facing failure can be seen as a test from God, teaching patience, resilience, and sincerity. By accepting that these events are part of His destiny, a person will not be trapped in prolonged feelings of anxiety or frustration.

This acceptance of destiny also helps a person to see every event in life as an opportunity to learn and grow. Whether it is a happy or sad event, every incident has lessons that can be learned from it. This aligns with Islamic teachings, which emphasise the importance of thinking positively and facing challenges with patience and trust. As Allah says in Surah Al-Baqarah (2:286):

لَا يُكَلِّفُ اللَّهُ نَفْسًا إِلَّا وُسْعَهَا

"Allah does not burden a person beyond his capacity."

This verse teaches that every test given by God is according to our ability to face it. This view supports the acceptance of the triggering events that occur in life. Thus, even though these

events may be challenging, we are given the strength to face them, and we are taught to accept them with an open heart. (Muyassar, 2013).

Overall, understanding events as part of God's destiny from an Islamic perspective provides a healthier and more positive framework for thinking. Those who adopt this perspective are better equipped to maintain inner peace in the face of any situation, believing that every event has a purpose and wisdom, and that God is always with them throughout life.

2. B – Beliefs in the REBT Approach and Islamic Perspective

The second part of the ABCDE model in REBT, B, refers to our beliefs about life events, which play a crucial role in shaping our emotional reactions and behaviour. These beliefs, both rational and irrational, act as filters that influence how we assess and respond to each event or situation. Rational beliefs are realistic, flexible, and consistent with reality, supporting our emotional well-being.

On the other hand, irrational beliefs are unrealistic, inflexible, and often exaggerated. These beliefs can lead to disproportionate feelings about events and add to the emotional burden. Irrational beliefs are often based on unrealistic expectations or unrealistic demands. For example, someone who believes that "Everyone must like me" will feel extremely anxious or depressed when faced with rejection or dislike from others. These feelings will be much more intense and irrational because of this unrealistic belief. People with such beliefs may feel angry or deeply disappointed with themselves, even when the rejection is a regular part of social interactions.

One of the key aspects of REBT is identifying and replacing irrational beliefs with more rational and adaptive ones. For example, someone who believes "Everyone must like me" can be encouraged to replace it with a more realistic belief, such as "I do not need to be liked by everyone; the important thing is that I can accept myself and be kind to others." By replacing irrational beliefs with rational ones, individuals tend to respond to situations more calmly and are less burdened by the opinions of others. They are better able to maintain their emotional well-being, even when faced with rejection or dislike from others. As a result, this change in beliefs enables individuals to alleviate the anxiety, stress, and dissatisfaction that often arise from irrational thinking and helps them lead a more peaceful and realistic life. (Koutsoukou-Argyarak et al., 2016)

This distinction between rational and irrational beliefs is crucial in the context of REBT, as rational thought patterns will lead to more positive feelings and more adaptive behaviour. (Harahap et al., 2022) Conversely, irrational beliefs often create unnecessary anxiety, depression, or frustration. For example, in social situations, the irrational belief that we must always be accepted

and liked by everyone can cause stress and unhappiness. In contrast, rational beliefs about the importance of self-acceptance and a focus on good behaviour can help reduce unnecessary anxiety.(Hasibuan & Wulandari, 2015).

In Islam, rational belief is also closely linked to acceptance of destiny and the belief that God determines everything that happens in life. One particularly profound verse in this regard is Surah At-Takwir (81:29):

وَمَا تَشَاءُونَ إِلَّا أَنْ يَشَاءَ اللَّهُ رَبُّ الْعَالَمِينَ

"And you do not desire (anything) unless Allah wills it, the Lord of all the worlds."

This verse reminds Muslims that everything that happens, whether it is what we desire or hope for, occurs only with Allah's permission and will. It teaches us to avoid the disappointment or depression that arises when our hopes are not met, because we believe that all events, good or bad, are planned by Allah and are part of His destiny. This belief provides inner peace because we no longer feel pressured by situations that do not align with our expectations. Instead, we learn to accept everything with an open heart and strive to continue doing good without getting caught up in pressure or frustration. (Muyassar, 2013).

Thus, rational beliefs, as outlined in REBT, and the beliefs taught in Islam complement each other in forming a healthy mindset. Both teach us to remain calm, accept reality, and avoid getting caught up in exaggerated or unrealistic beliefs that will only increase our emotional suffering.(PM Sari et al., 2023).

3. C – Consequences in REBT and Islamic Perspective

The third ABCDE model in REBT, C, refers to consequences and discusses the emotional and behavioural reactions that arise as a result of our beliefs about an event. These consequences are strongly influenced by how we interpret the event, as our beliefs (B) determine the extent of the emotional impact and the behaviour we display. Consequences can include intense emotional feelings, such as anxiety, sadness, anger, or frustration, as well as specific behaviours that reflect our responses to these emotions. For example, if someone holds an irrational belief such as "Everyone must like me," then every time they encounter a situation where someone dislikes or rejects them, they will feel anxious, depressed, or even angry. These emotional reactions can be highly disruptive and negatively impact their psychological well-being, even in seemingly insignificant situations.

The impact of these irrational beliefs is often also evident in their behaviour. People who rely heavily on others' judgments may behave more cautiously, be overly agreeable, or even avoid social interactions altogether, fearing rejection or being perceived as unlikable. (Ningtyas & Wiyono, 2022) For example, the person might avoid talking to or interacting with certain people, or even change their attitude and personality to gain approval. This is an example of how irrational beliefs can lead to self-limiting behaviour, diminish the quality of social relationships, and even foster feelings of loneliness or isolation.

On the other hand, if someone holds a more rational and flexible belief, such as "I do not have to be liked by everyone; the important thing is that I can accept myself and be kind to others," then the consequences will be very different. In the same situation, a person with this rational belief will likely respond with a calmer and more confident feeling. They will be better able to accept the fact that not everyone will like them, and that it is not something to be anxious or worried about. Consequently, they may feel freer to interact with others without undue burden or fear of rejection. They are also better able to accept imperfections in social relationships, because they are not overly valuing themselves based on the opinions of others. (Wahyuni et al., 2022)

Overall, element C in the REBT model illustrates the significant impact of our beliefs on our responses to events. If our beliefs are rational, we tend to experience healthier emotional consequences and more adaptive behaviours. Conversely, irrational beliefs can lead to destructive emotional consequences and unproductive behaviours. Therefore, in REBT, it is crucial to identify and challenge irrational beliefs so that we can change our emotional and behavioural responses to be more constructive and supportive of our psychological well-being. (Daman, 2020)

The consequences of irrational beliefs often have negative impacts that worsen a person's emotional and behavioural state. For example, excessive anxiety or uncontrolled anger will only leave someone feeling trapped in a self-defeating emotional cycle and worsen relationships with others. In this context, REBT aims to help individuals replace irrational beliefs with more rational ones, thereby producing more positive emotional and behavioural consequences.

Islam teaches us to avoid lingering negative feelings and to always turn to Allah when facing life's challenges. One particularly relevant verse is Surah Al-Baqarah (2:155):

وَلَنَبْلُوَنَّكُمْ بِشَيْءٍ مِّنَ الْخَوْفِ وَالْجُوعِ وَنَقْصٍ مِّنَ الْأَمْوَالِ وَالْأَنْفُسِ وَالثَّمَرَاتِ وَبَشِّرِ الصَّابِرِينَ

"And we will certainly test you with a little fear, hunger, lack of wealth, lives and fruits. Moreover, convey good news to those who are patient."

This verse reminds Muslims that trials in life, whether in the form of fear, hunger, loss, or other hardships, are part of a destiny predetermined by Allah. However, those who are patient and accept trials with an open heart will be rewarded with better rewards. By being patient and accepting the reality of life as part of Allah's destiny, one can avoid the negative emotional consequences that arise from irrational beliefs, such as excessive fear or deep disappointment. Patience in facing these trials also helps one maintain emotional balance and respond to events with greater wisdom and composure.¹

4. D – Disputation in REBT and Islamic Perspective

Element D (Disputation) in the ABCDE model of Rational Emotive Behaviour Therapy (REBT) is a crucial process that focuses on disputing an individual's irrational thoughts and beliefs. This stage aims to identify, evaluate, and challenge unrealistic or excessive beliefs that are often the primary source of stress, anxiety, and emotional distress. Irrational beliefs such as "Everyone must always accept me" or "I must never fail" can foster rigid and perfectionist thought patterns, ultimately hindering personal development and triggering maladaptive behaviours.

In the disputation process, individuals are encouraged to test the validity of their beliefs through reflective questions, such as whether the beliefs are factual, realistic, and beneficial to emotional well-being. This approach helps individuals realise that not all judgments of others determine their self-worth, and that imperfection is a natural part of life. Through this process, irrational beliefs are gradually replaced with more rational, flexible, and healthy ones. As a result, individuals can manage their emotions more stably, increase their self-confidence, and develop more adaptive behaviours in dealing with various social situations.

(Habsy et al., 2024)

In an Islamic perspective, there is harmony with this principle of refutation, which encourages people not to be trapped in wrong beliefs or opinions. Surah Al-Isra (17:36) reminds Muslims always to seek the truth and not to follow something they do not know for sure:

مَسْئُولًا وَلَا تَقْفُ مَا لَيْسَ لَكَ بِهِ عِلْمٌ إِنَّ السَّمْعَ

"And do not follow that of which you do not know. Indeed, the hearing, the sight, and the conscience, all of them will be questioned."

98 ¹Al-Muyassar. (2013). Al-Qur'an Al-Karim with Tafsir Al-Muyassar. Riyadh: Dar Al-Salam.
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This verse reminds us not to follow assumptions or beliefs that are not based on accurate and valid knowledge. In the context of REBT, this principle teaches us always to evaluate and examine the beliefs we hold. If we hold irrational or unfounded beliefs, we should strive to question them and replace them with more grounded and rational ones. In this way, we not only avoid excessive emotional suffering but also strive to live by deeper and more authentic principles, which align with the Islamic teaching to always seek the truth and act based on valid knowledge. Refuting these false beliefs is crucial in establishing a healthy and balanced mindset, which in turn will lead to calmer feelings and more constructive behaviour (Ibn Kathir, 1999)

5. E – New Effect in REBT: Positive Changes in Feelings and Behaviour

Stage E (Effect) in the ABCDE model of Rational Emotive Behaviour Therapy (REBT) describes the emotional and behavioural changes that occur when an individual successfully replaces irrational beliefs with more rational and realistic ones. At this stage, the individual begins to experience the positive impact of the disputation process (D), namely a reduction in negative emotions and the emergence of more adaptive behavioural responses. These changes demonstrate that mindset plays a central role in shaping a person's psychological well-being.(Alawiyah et al., 2020)

The effects that emerge at stage E generally include increased emotional calm, self-confidence, and the ability to navigate life situations more flexibly. Rigid internal demands no longer trap individuals; instead, they can accept their own limitations and social realities more healthily.(Paturrochmah, 2020)For example, someone who previously believed, "Everyone must always like me," would experience high levels of social anxiety. Once this belief is replaced with a more rational thought, such as "I do not have to be liked by everyone to be a valuable person," the individual becomes calmer, more confident, and more willing to interact without excessive fear of rejection.(Nusuki & Yulianti, 2022)

These changes in beliefs have a direct impact on behaviour, such as increased courage in facing challenges, openness in interactions, and a reduced tendency to avoid social situations. Stage E also marks the success of the therapy process, as the individual can maintain a more adaptive mindset in daily life.(Bastomi & Aji, 2018)

From an Islamic perspective, this change aligns with the teachings of optimism, patience, and the belief that every hardship is accompanied by ease (QS. (Al-Insyirah: 6). Thus, stage E not only reflects cognitive and emotional success but also strengthens an individual's inner peace and spiritual resilience in facing life's various challenges.(Apriyanto et al., 2022)

This view is also in line with Islamic teachings, which encourage people to have genuine faith and optimism in the face of life's difficulties. One verse in the Quran that teaches optimism and the belief that hardship will be followed by ease is Surah Ash-Sharh (94:6):

يُسِّرُ الْعُسْرَ مَعَ فَانٍ

"Indeed, with difficulty there is ease."

This verse reminds us that although everyone faces difficulties in life, every difficulty is followed by ease. Allah promises that after every difficulty, there will be a solution or way out that will make things easier. This belief is fundamental because it can help someone remain optimistic even in the face of difficulties (Jareer, 2001). By replacing anxious and pessimistic beliefs, such as "I will not be able to handle it," with more rational beliefs, such as "Every difficulty has its accompanying ease," a person will be more prepared to accept challenges and remain enthusiastic about finding solutions. (Pramono & Irsyadunnas, 2024)

In the context of REBT, these changes to more positive and rational beliefs not only result in feelings of calmer well-being but also encourage changes in behaviour. Individuals who might have previously withdrawn or avoided challenges are now more willing to face them with a clearer mind and a more positive outlook. These changes have a greater impact on a person's emotional and psychological well-being, improving their overall quality of life. (Dharmayana et al., 2017).

Discussion

The Rational Emotive Behaviour Therapy (REBT) approach explains that an individual's emotional reactions and behaviour are not determined solely by events, but rather by the beliefs they hold about those events. The ABCDE model in REBT emphasises that events (A) are neutral, while their emotional and behavioural impacts arise from the beliefs (B) formed by the individual. Rational beliefs encourage healthy and adaptive responses, while irrational beliefs can trigger anxiety, pessimism, and emotional distress. Therefore, REBT focuses on replacing irrational beliefs with more rational and realistic ones, enabling individuals to respond more positively to life's challenges.

This approach strongly aligns with Islamic values, particularly the concepts of patience, trust in God, and acceptance of God's destiny. Islam teaches that every event is part of God's decree and contains wisdom, thus encouraging humans to think positively and not be drawn into negative prejudice. In this integration, the disputation (D) stage in REBT aligns with the concept

of muhasabah, the process of assessing and correcting erroneous thought patterns. Meanwhile, the effect (E) stage is reflected in inner peace, optimism, and adaptive behaviour after a person has formed a more accurate belief. Thus, the integration of REBT and Islamic values yields a holistic, rational, and spiritual counselling approach.

Conclusion

This study confirms that the integration of the ABCDE concept in REBT with Islamic values can only be fully understood if each stage of A (Activating Event), B (Belief), C (Consequence), D (Disputing), and E (Effect) is discussed systematically and in an interconnected manner. The interconnection between Western theory and Islamic principles should not appear suddenly. However, it must be explained sequentially: starting from the understanding of events as part of God's destiny, irrational beliefs that are straightened with the teachings of the Qur'an, emotional consequences that are in line with the condition of the heart in Islam, the process of refutation enriched by the method of muhasabah, to the final effect of calm, tawakal, and adaptive behavior. With a clear explanation of each stage, the integration becomes stronger and more logical. It demonstrates that REBT and Islamic values are not only compatible but also complement each other in forming holistic, rational, and spiritual counselling.

Recommendation

Praise be to Allah SWT, who has bestowed His grace and mercy so that this study can be completed. Thank you to the lecturers of Islamic guidance and counselling integration and interconnection who guided the writing process of this article until its completion. Thank you are also expressed to colleagues who have provided constructive suggestions related to the research theme of this article. Based on the findings of this study, it is recommended that future researchers deepen the integration of REBT theory with Islamic principles in the context of guidance and counselling, particularly in understanding the role of rational beliefs in overcoming psychological problems. Further research can investigate the impact of applying the ABCDE technique in a broader context, as well as its effects on the emotional well-being of individuals in various situations. In addition, it is essential to consider the policy implications of Islamic guidance and counselling education and practice, providing further support to individuals in navigating life's challenges more wisely and optimistically.

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