Mindfulness in Counseling: Implementation of Counseling in the Society 5.0

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Abstract. Counselors in the era of Society 5.0 are faced with new challenges in providing effective counseling services, such as the rapid adoption of technology, changes in how humans communicate and interact, and increasing levels of stress and emotional imbalance due to increased demands in life. Mindfulness can be an effective tool in helping counselors overcome these challenges and helping individuals strengthen their ability to cope with stress and emotional imbalances. Research methods used literature research. This research is conducted by researching and evaluating various reference materials and relevant literature to develop a coherent and logical synthesis that can be verified. The literature for this article is sourced from various platforms, including Publish or Perish, Google Scholar, open knowledge maps, and Scopus. Research results show that Mindfulness in counseling can be used to implement counseling in the era of Society 5.0.

Keywords: mindfulness; counseling; society 5.0.

Introduction

Counseling is an essential service in modern society. Today, people experience a lot of pressure and high stress due to various factors, such as work pressure, poor social relationships, and financial problems. To overcome this problem, the concept of Mindfulness has emerged, which is gaining popularity in counseling practice. Mindfulness is a meditative practice that aims to strengthen awareness and focus on the present experience. Mindfulness in counseling is an effective technique to help individuals cope with stress issues and achieve emotional balance.

Society 5.0 is an era where information technology and artificial intelligence play an important role in various aspects of human life. This era demands a change in the implementation of counseling services. Counselors in the era of Society 5.0 will face new challenges in providing effective counseling services. Some of the problems counselors can encounter in this era include the rapid adoption of technology, changes in how humans

communicate and interact, and increased stress levels and emotional imbalance due to increased life demands.

One of the problems counselors face in the era of Society 5.0 is the adoption of increasingly rapid and complex technology. In a study, Lim and Cheung (2019) revealed that technology can accelerate and amplify stress and pressure in individuals. This can affect an individual's mental and physical health and make them need more counseling support. Counselors must develop the ability to understand and utilize technology to provide effective counseling services and help individuals cope with the challenges and stressors that arise from technology adoption.

In addition, the increasing use of social media and technology in communication and human interaction can also be a problem for counselors. According to a study conducted by Kircaburun, Griffiths, and Billieux (2019), excessive use of social media can hurt an individual's mental health. This can affect their ability to interact and communicate with others in society. Counselors must develop the ability to help individuals manage their use of social media wisely and strengthen their ability to communicate and interact with others in person. Counselors in the era of Society 5.0 need to develop new capabilities and strategies for providing effective counseling services. They need to address the challenges posed by the rapid adoption of technology and the increasing demands of life and help individuals strengthen their ability to communicate and interact with others face-to-face.

Furthermore, the era of Society 5.0 also highlights the importance of collaboration between humans and technology. Mindfulness can help individuals better understand and regulate their relationship with technology, including social media and other technologies that can impact their psychological well-being. The application of Mindfulness in counseling can also help individuals to improve their ability to communicate and interact with others in a knowledge-based society. They can develop the ability to pay attention to and understand the perceptions and experiences of others more effectively and respond better in complex social situations (Sayag & Mayseless, 2020; Yandri et al., 2022).

In the era of Society 5.0, characterized by the increasingly rapid adoption of technology and the transition to a knowledge-based society, Mindfulness can be the direction of implementing highly relevant counseling services. The involvement of technology in everyday life can accelerate various aspects of life, including increased stress and emotional imbalances. Mindfulness can help individuals to overcome these challenges by strengthening their ability to deal with stress and maintain emotional balance. Mindfulness can be the direction of implementing relevant and effective counseling services in the era of Society 5.0. Its application can help individuals overcome the challenges arising from the rapid adoption of technology and knowledge-based societies and strengthen their ability to communicate and interact with others.

Mindfulness in counseling is a practical direction in answering the needs of society in the era of Society 5.0. Counseling conducted with a Mindfulness approach allows counselors to help individuals understand themselves better, improve their quality of life, and achieve better life goals. According to Davidson and Kaszniak (2015), the practice of Mindfulness can help individuals achieve a better physiological and psychological state. This can be seen

from the decrease in cortisol levels, a stress hormone in the body, and increased brain activity in areas associated with emotion regulation. In addition, some studies have also shown that the practice of Mindfulness can help individuals overcome anxiety and depression problems (Creswell et al., 2014; Kuyken et al., 2016). Mindfulness practices can also help improve the quality of life and social relationships (Baer et al., 2012).

In counseling practice, the Mindfulness approach has also proven effective in helping individuals understand themselves better. Counselors who use Mindfulness techniques can help individuals understand their feelings better, increase self-awareness, and increase the ability to accept life changes (Garland et al., 2015; Shonin et al., 2015; Juliawati et al., 2019). Mindfulness can allow counselors to more easily access their cognitive and emotional resources, as well as help them overcome the various difficulties they experience (Shapiro, 2009); when individuals can better understand and accept their experiences more consciously, they can reduce symptoms of stress and depression, improve psychological well-being, and improve their ability to cope with life's challenges (Baer, 2003). Then Mindfulness can strengthen an individual's ability to maintain focus and focus on essential tasks, improve their ability to control themselves and increase engagement in meaningful activities (Burke, 2010). Furthermore, Mindfulness in counseling can help individuals develop the ability to cope with anxiety and difficulties in interpersonal relationships, as well as help them develop greater self-confidence (Germer, Siegel, & Fulton, 2013).

In the era of Society 5.0, the implementation of counseling services must accommodate the development of information technology and artificial intelligence. The Mindfulness approach in counseling is becoming a practical direction in responding to the increasingly complex needs of modern society. Counselors who use Mindfulness techniques can help individuals achieve emotional balance and cope with various stress issues encountered in daily life.

Method

Research methods used to investigate Mindfulness in counseling as a direction for implementing counseling in the era of Society 5.0 is to conduct literature research. This research is conducted by researching and evaluating various reference materials and relevant literature to develop a coherent and logical synthesis that can be verified. The literature for this article is sourced from various platforms, including Publish or Perish, Google Scholar, open knowledge maps, and Scopus. The selection of relevant literature was meticulously carried out, acquiring 22 national and international standard scientific articles, seven books, and two references from reliable websites.

Results and Discussion

The era of Society 5.0 is a new era that is expected to combine technological advances with human welfare. According to Japan External Trade Organization (JETRO), Society 5.0 is a society where people can live healthy, happy, and fulfilling lives using the latest technologies such as IoT, robotics, and AI". The concept includes the development of

technologies that focus on solutions to social problems, such as climate change, health, mobility, and security. The era of Society 5.0 also expects a balance between technological progress and human welfare so that technology can be used to improve the quality of human life. Then according to Wibisono (2018), Society 5.0 is a society where technology is utilized to overcome various social problems that exist in society and build a sustainable society where people live with a high quality of life. The concept includes the development of technologies that can help address social problems, such as climate change, energy shortages, health problems, and poverty.

According to Haseeb, Javaid, & Khan (2021), Society 5.0 is a concept that emerged from Japan that aims to combine advanced technology with solutions to social and environmental problems faced by society to improve the quality of human life and the environment. The concept also emphasizes the importance of collaborating and sharing knowledge and technology between countries and communities. Meanwhile, according to Yunus, Al-Dhelaan, & Aslam (2020), Society 5.0 is a vision for the future of a society that emphasizes the use of technology to improve the quality of human life, promote environmental sustainability, and increase collaboration between humans and machines. This concept also emphasizes the importance of inclusivity, participation, and community involvement in technology development.

According to Haseeb, Javaid, & Khan (2021), there are several characteristics of the Society 5.0 era, namely: 1) society 5.0 is a society where human-centric technologies are developed and utilized to solve social problems; 2) The technologies developed in Society 5.0 are integrated to create a more holistic solution to social problems; 3) Society 5.0 is a cooperative society where people work together across boundaries to create and share knowledge and technologies; 4) In Society 5.0, people are empowered to take control of their own lives and actively participate in the creation of solutions to social problems. Meanwhile, according to Yunus, Al-Dhelaan, & Aslam (2020), there are several characteristics of the Society 5.0 era, namely:1) Human-centricity: Society 5.0 prioritizes the needs and well-being of humans, and technology is developed and utilized to meet those needs and improve human life; 2) Sustainability: Society 5.0 is committed to sustainability, and technology is developed and utilized in a way that minimizes negative impact on the environment; 3) Innovation: Society 5.0 promotes innovation and the development of new technologies to address social challenges and improve human life; 4) Inclusivity: Society 5.0 is inclusive and promotes the participation of all members of society, including marginalized groups, in the development and utilization of technology; 5) Collaboration: Society 5.0 emphasizes collaboration between individuals, organizations, and nations to address social challenges and promote the common good.

According to Miao et al. (2021), there are several advantages to being in the era of Society 5.0, namely: 1) Society 5.0 has the potential to improve the quality of life for individuals and communities, mainly through the development and utilization of human-centric technologies; 2) Society 5.0 can promote sustainability and the protection of the environment through the development and utilization of environmentally-friendly technologies; 3) Society 5.0 can drive economic growth and innovation through the development and utilization of new technologies; 4) Society 5.0 can promote inclusivity and social justice by ensuring that

all members of society, including marginalized groups, have access to and can benefit from new technologies.

Mental health issues in the era of Society 5.0 can be very complex and multifaceted, as they are linked to rapid and significant changes in how we live and interact with technology. In addition to the previously mentioned issues, such as digital addiction, cyberbullying, and social isolation, some experts also mention mental health issues arising from pressures from job demands, an increasingly urbanized environment, and uncertainty over the economic and political future. According to a study conducted by Al Lily, Ismail, & Abunasser (2021), there are several mental health problems in the Society 5.0 era, namely: 1) Digital addiction, as a result of excessive use of technology and social media platforms, can have negative impacts on mental health, such as anxiety and depression; 2) The prevalence of cyberbullying and online harassment can cause psychological distress and trauma, particularly among young people; 3) The fast-paced and high-pressure nature of modern society can contribute to stress, burnout, and other mental health problems. Mental health issues in the Society 5.0 era include social isolation and lack of meaningful social interaction. In the era of Society 5.0, we spend more of our time online and interact less directly with others. This can lead to social isolation and mental health problems, causing anxiety, fatigue, and difficulty sleeping (Gigaom, 2019). Changes will greatly influence mental health issues in the era of Society 5.0 regarding working, education, and social environment. There is more pressure and expectation to stay connected to others digitally, especially on the job, which can lead to more significant stress and mental health issues (Trivedi, 2019).

Seeing the negative impact on mental health, it is necessary to provide alternative solutions that counselors can use in preparing themselves to face the era of Society 5.0. One approach that can be used is Mindfulness. According to Kabat-Zinn (2013), Mindfulness means paying attention deliberately, in the present moment, without judging or trying to change it. It is a way to experience life more fully, consciously, and open to possibilities. Mindfulness is also aware of the situation without getting caught up in past thoughts or experiences. It involves a heightened sensitivity to our environment and current experiences (Langer, 2014). Mindfulness also involves experience-based awareness, allowing us to experience the world directly without getting caught up in judgment or evaluation. It involves focusing on the present experience and accepting that experience without judging or trying to change it (Segal., Williams., & Teasdale, 2018). Mindfulness is awareness of the present experience with an undivided mental presence and focused attention directed at the desired object (Davidson, 2010), a person's ability to know and accept current experiences openly and without barriers. It involves sensitivity to thoughts, emotions, and bodily sensations that occur without judging or reacting to them (Kabat-Zinn & Mayer, 1990). Mindfulness is the ability to expand our awareness of present experiences in an open, compassionate, and non-judgmental way. It involves observing our thoughts and feelings, paying attention to our bodies, and extending our presence to the world (Shapiro & Carlson, 2009).

A counselor, in applying Mindfulness in counseling to clients, should follow several stages: 1) Warming up: At this stage, the counselor and the client focus their attention on the heartbeat and breathing quietly to calm down; 2) Focus on the present experience: Counselors help clients to focus on the present experience, observe their thoughts and

feelings without judgment, and pay attention to sensations in their body; and 3) Embrace and accept the experience: Counselors help clients to accept their experiences without judgment, and embrace all emotions, thoughts, and sensations that arise (Egan, 2013). While according to Kabat-Zinn (2013), The stages of Mindfulness in counseling are as follows: 1) Non-judging: The counselor and client learn to observe thoughts, feelings, and bodily sensations without judgment; 2) Patience: Counselors and clients learn to expand their awareness and accept experiences without judgment or desire to change them; 3) Mind of the beginner: Counselors and clients learn to look at experiences in a fresh and new way, without relying on past experiences; 4) Trust: Counselors and clients learn to have confidence in themselves and their ability to overcome difficulties; 5) Non-striving Counselors and clients learn to let experiences occur without the desire to achieve something or avoid something; 6) Receiving: Counselors and clients learn to accept experiences with compassion and care; 7) Letting be: Counselors and clients learn to let thoughts, feelings, and bodily sensations be present in their consciousness without the need to control or change them.

Conclusion

Mindfulness in counseling is a promising direction for implementing counseling services in the era of Society 5.0. The era of Society 5.0 presents unique challenges for mental health and counseling services, such as the need for personalized and technology-enhanced services and the potential for increased social isolation and disconnection. Mindfulness-based approaches can address these challenges by promoting self-awareness, emotional regulation, and interpersonal skills. Integrating technology and mindfulness-based approaches can further enhance the accessibility and effectiveness of counseling services. However, further research and development are needed to establish the effectiveness and feasibility of these approaches in the context of Society 5.0. Overall, mindfulness-based counseling approaches hold promise in addressing the mental health needs of individuals in the rapidly changing era of Society 5.0.

Acknowledgment

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