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Asroful Kadafi (asroful)

Messages

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Asalamualaikum.wr.wb Yth Editor jurnal IGCJ dengan ini kami bermaksud untuk bisa ikut berkontribusi pada jurnal IGCJ melalui paper kami, untuk itu besar harapan kami, agar kami mendapat petunjuk untuk menyesuaikan paper kami sesuai ketentuan dari jurnal IGCJ. Terimakasih sebelumnya kami sampaikan	asroful 2020-07-14 10:35 PM

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REVIEW

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Participants

Aprezo Pardodi Maba (aprezopm)

Asroful Kadafi (asroful)

Messages

Note	From
Dear Authors: We have reached a decision regarding your submission to Islamic Guidance and Counseling Journal, "Increase Mindfulness to Reduce Public Anxiety in the face of the Covid-19 Pandemic Virus through Islamic Counseling". Our decision is: Revisions Required Once you submit your revision. We will assign your revision to a new round of review Aprezo Pardodi Maba Institut Agama Islam Ma'arif NU (IAIMNU) Metro Lampung, Indonesia	aprezopm 2020-08-31 03:04 AM
Kepada Penulis, Maaf, mohon segera dapat mengunggah artikel yg direvisi pak.	aprezopm 2020-10-02 04:58 PM

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Participants

Aprezo Pardodi Maba (aprezopm)

Asroful Kadafi (asroful)

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From

Kepada Penulis,

aprezopm

Berikut saya kirimkan hasil review round 3. Ada beberapa catatan, mohon dapat diperbaiki nggih.

2020-12-31 02:29
AM

Perbaikan saya tunggu selambat-lambatnya tanggal 10 Januari 2021.

Ngapunten dan Maturnuwun

Salam Takdim

Aprezo Pardodi Maba

▶ Terimakasih atas masukan yang diberikan, InshaAllah akan segera kami tindak lanjuti

asroful
2020-12-31 12:48
PM

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Increase Mindfulness to Reduce Public Anxiety in the face of the Covid-19 Pandemic Virus through Islamic Counseling.

Abstract

Covid-19 is a disease that has become a major epidemic in most of the world. This extraordinary event can certainly trigger excessive anxiety in the community. Anxiety can occur due to low mindfulness in him. To help overcome this problem there needs to be an intervention, especially by counselors, one of them is by using Islamic counseling. To test the effectiveness of Islamic counseling in dealing with the problem of public anxiety, researchers used a quantitative research approach, to be precise the type of true post-only control design experimental research. Respondents in this study were 14 respondents consisting of 7 respondents for the experimental group and 7 respondents for the control group, who had a high level of anxiety in dealing with a co-19 pandemic. Analysis of the study used the Wilcoxon sign rank test to determine the effectiveness of the interventions given between before and after the treatment was given and used Mann Whitney analysis to find out the differences between the experimental and control groups. The results of testing the level of anxiety through the Wilcoxon signed-rank show the significance value is smaller than the critical limit of 0.05 which means there is a difference between pre-test and post-test. Likewise, with the results of the Mann Whitney test, the significance value is smaller than the critical limit of testing of 0.05. The test results show that Islamic counseling services are effective in increasing mindfulness which has an impact on decreasing public anxiety in the face of a pandemic COVID-19.

Keywords: Mindfulness, Anxiety, Islamic Counseling

Introduction

Covid-19 caused by the Corona Virus Novel (NCov-19) became one of the deadly viruses and became a pandemic in 204 countries around the world. This virus began to spread since the end of December, and as of 3 April 2020 the number of patients confirmed positive COVID 19 worldwide as many as 1 018 845 cases and in Indonesia as many as 1 790 people

Comment [WU1]: Structurally wrong

Comment [WU2]: Event? Is it really an event?

Comment [WU3]: Who is this "him"?

Comment [WU4]: There is a "comma" missing

Comment [WU5]: The abstract and the keywords of a particular research paper are always written in Italics

Comment [WU6]: Always write this word in capitals. Also, there has to be a "comma" between the words.

has an impact on decreasing the level of individual anxiety ($Z = -5.162$; $p < 0.05$).

Discussion

Modern materialistic and hedonistic life emphasizes only the physical (worldly) aspects, which cause human life to experience a decline in spiritual values, moral decadence, and stress (which are identical caused by excessive anxiety)(Mubasyaroh, 2017). Freud's theory of anxiety was first revealed in 1890, starting with a thought that anxiety is a sedimentary libido. Furthermore, Freud agreed with his colleague Otto Rank that the origin of anxiety began with

Comment [WU15]: Grammatically wrong

Comment [WU16]: Always mention the full name whenever you introduce someone. It should have been Sigmund Freud

birth trauma. Anxiety according to Freud is divided into three namely reality anxiety, neurosis anxiety, and moral anxiety. Freud divides neurotic anxiety into three different parts, namely anxiety that is obtained due to the presence of frightening inner and outer factors, anxiety associated with certain objects that manifest such as phobias, neurotic anxiety that is not related to harmful factors from inside and outside. There are several defense mechanisms against anxiety, namely Repression, Reaction Formation, Projection, Regression, Rationalization, Transfer, Sublimation, Isolation, Undoing and Intellectualization (Asrori, 2015)

Comment [WU17]: Structurally wrong

Anxiety experienced by respondents or clients in this study is more synonymous with social anxiety. Social anxiety is an anxiety disorder related to social that responds cognitive

cognitive, and humanistic (Mu'arifah, 2005). Also, be aware that this social anxiety can also influence an individual's decision to seek help such as counseling assistance, which needs to be considered by a counselor in assisting (Maba & Saputra, 2019).

Based on the factors causing anxiety, many studies have tried to reduce the level of anxiety. Koszycki, Raab, Aldosary, & Bradwejn (2010) which proves that Cognitive Behavior Therapy is effective for reducing depression symptoms (caused by anxiety). Cavanagh et al. (2013) also emphasize in his research if the concept of mindfulness-based therapy can also reduce anxiety symptoms. MacLeod & Clarke (2015) in research also proves anxiety can be reduced through modification of attention bias. Furthermore, appropriate and effective cognitive-emotional training helps clients with psychological problems (Iacoviello et al., 2014). Dadds, Spence, Holland, Barrett, & Laurens (1997) in his research for the prevention of anxiety show the effectiveness of family-based behavioral-cognitive group interventions. This study is to prevent the onset of anxiety problems in children, the results show there is a cognitive improvement in the client which has an impact on increasing client's mindfulness (Dadds, Spence, Holland, Barrett, & Laurens, 1997). King et al (2013) after making improvements from cognitive therapy to overcome anxiety, in his research showed mindfulness-based cognitive therapy (MBCT) showed substantial effectiveness for the prevention of the reappearance of depression caused by anxiety. Some of these studies show that to reduce anxiety, most researchers use therapies that focus on cognitive aspects.

This study tries to make improvements, in addition to emphasizing the cognitive aspects to increase mindfulness, also integrating the value of religion in the therapeutic process. This basis is the importance of instilling religious values in individuals. Religion is a necessity of human life that cannot be bargained even though for the time being it can be postponed but to avoid it is impossible. The need for religion as an absolute necessity is needed and is a psychological or psychological need that naturally exists in the original human nature which requires a sense of security, compassion, appreciation, freedom, strength, control, and a sense

Comment [WU18]: This paragraph does not have a single self-analysis. I am quite disappointed with this paper. It is more of a compilation of quotes than a true "RESEARCH PAPER."

Comment [WU19]: Same with this paragraph. There is no self-reflection. I am very disappointed with this paper. The author has not put in any kind of effort to related the ideas.

The Impact of Islamic Counseling Intervention towards Students' Mindfulness and Anxiety during the COVID-19 Pandemic

Abstract

The pandemic caused by the Corona Virus Disease (COVID-19) has had psychological and health impacts on people's lives around the world. On a psychological aspect, this pandemic has caused anxiety due to low mindfulness. To increase the potential of mindfulness, one of the ways taken is by counselor psychological intervention. The authors used an Islamic counseling approach to reduce anxiety and increase mindfulness. Therefore, the research was conducted using a quasi-experimental design with non-equivalent control group design. Participants in this study were 14 students consisting of 7 students for each experimental and control group. Participants were invited after filling self-report the anxiety scale facing COVID-19 and indicated that they were in the high category. The data analyzed with the Wilcoxon sign rank test to determine the impact of before and after the intervention was given, then used the Mann Whitney to find out the mean differences between the experimental and control group, and the Rank Spearman to determine the correlation between mindfulness and anxiety. The results showed that Islamic counseling intervention is effective to increase mindfulness which impacted on reducing anxiety in facing the COVID-19 pandemic. Besides, the results of correlation analysis using the Rank Spearman show that there is a correlation between mindfulness and anxiety.

Keywords: mindfulness, anxiety, islamic counseling, COVID-19

Introduction

COVID-19, also known as the Novel Corona Virus (NCov-19), is one of the deadliest viruses and has become a pandemic in 204 countries around the world. This virus began to spread at the end of December, and As of April 3, 2020, The number of patients confirmed positive for Covid-19 worldwide is 1,018,845 cases and in Indonesia, there are 1,790 peoples (Kompas, 2020). This incident can certainly cause anxiety in individuals. The results of

Participants [Edit](#)

Asroful Kadafi (asroful)

Messages

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Asalamualaikum.wr.wb Yth. Editor in chief IGCJ Dengan ini kami bermaksud menginfokan terkait perubahan metadata pada co author kami, karena ada perubahan afiliasi dan pertimbangan kontribusi penulis, adapun susunan penulis kami yang terbaru adalah sebagai berikut: Asroful Kadafi (Universitas PGRI Madiun, Madiun, Indonesia) asrofulkadafi@unipma.ac.id Alfaiz (Universitas Negeri Malang, Malang, Indonesia) alfaiz.science.icp@gmail.com ==> beliau terlibat aktif dalam penyusunan naskah manuskrip ==> ada perubahan afiliasi, dari sebelumnya STKIP Sumatra Barat menjadi Universitas Negeri Malang M.Ramli (Universitas Negeri Malang, Malang, Indonesia) m.ramli.fip@um.ac.id ==> beliau terlibat aktif dalam membantu validasi instrumen adaptasi mindfulnees Dahlia Novarianing Asri (Universitas PGRI Madiun, Madiun, Indonesia) novarianing@unipma.ac.id ==> beliau terlibat aktif dalam melakukan validasi instrumen adaptasi kecemasan Juwita Finayanti (Universitas PGRI Madiun, Madiun, Indonesia) juwita@unipma.ac.id ==> beliau terlibat aktif dalam proses penelitian email koresponding: asrofulkadafi@unipma.ac.id demikian informasi ini kami sampaikan, terimakasih atas bantuannya	asroful 2021-01-17 04:16 AM
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