



INTEGRATION OF PHILOSOPHY OF SCIENCE IN THE DEVELOPMENT OF A HOLISTIC COUNSELING MODEL

INTEGRASI FILSAFAT ILMU DALAM PENGEMBANGAN MODEL KONSELING HOLISTIK

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Abstract

This study examines the integration of philosophy of science in the development of a holistic counseling model through a literature review of ten relevant articles. The results of the study show that philosophy of science plays a fundamental role through three integrated dimensions: ontology, which views humans as complex beings with biological, psychological, social, and spiritual dimensions; epistemology, which integrates the paradigms of postpositivism, constructivism-interpretivism, and critical-ideological; and axiology, which emphasizes professional ethical values. The integration of these three dimensions enables counseling practices to be more meaningful, effective, and responsive to the complexity of contemporary issues. The main challenge faced is the gap in philosophical understanding among counseling practitioners. A holistic counseling model based on the integration of the philosophy of science is a theoretical and practical necessity for producing comprehensive counseling services that are appropriate to the Indonesian socio-cultural context.

Keywords : philosophy of science, guidance and counseling, holistic model, ontology, epistemology, axiology.

Abstrak

Studi ini meneliti integrasi filsafat ilmu dalam pengembangan model konseling holistik melalui tinjauan pustaka dari sepuluh artikel yang relevan. Hasil penelitian menunjukkan bahwa filsafat ilmu memainkan peran fundamental melalui tiga dimensi terintegrasi: ontologi, yang memandang manusia sebagai makhluk kompleks dengan dimensi biologis, psikologis, sosial, dan spiritual; epistemologi, yang mengintegrasikan paradigma postpositivisme, konstruktivisme-interpretivisme, dan kritis-ideologis; dan aksiologi, yang menekankan nilai-nilai etika profesional. Integrasi ketiga dimensi ini memungkinkan praktik konseling menjadi lebih bermakna, efektif, dan responsif terhadap kompleksitas isu-isu kontemporer. Tantangan utama yang dihadapi adalah kesenjangan dalam pemahaman filosofis di antara para praktisi konseling. Model konseling holistik yang didasarkan pada integrasi filsafat ilmu



adalah kebutuhan teoretis dan praktis untuk menghasilkan layanan konseling yang komprehensif yang sesuai dengan konteks sosial-budaya Indonesia..

Kata Kunci : filsafat ilmu, bimbingan dan konseling, model holistik, ontologi, epistemologi, aksiologi.

1. INTRODUCTION

The current practice of counselor education and training is often neglected or given insufficient attention in the philosophy of science. Counseling and guidance curricula tend to emphasize technical skills and mastery of psychological theories, while fundamental questions such as "What is the nature of the human beings who are the subjects of guidance and counseling?" or "How is counseling knowledge considered valid and scientifically accountable?" are rarely explored in depth (Faiz et al., 2018). The guidance and counseling curriculum emphasizes technical skills and psychological theories, while fundamental questions about the nature of the human being who is the subject of guidance and counseling or the validity of counseling knowledge are rarely explored.

This condition causes counselors to experience difficulties when facing complex dilemmas in practice, such as ethical conflicts, cultural value differences, or clients with worldviews that conflict with the counselor's personal beliefs. (Fahira et al., 2023) shows that the role of educational philosophy in shaping morality has significant implications for guidance and counseling practice, particularly in terms of shaping the character and moral values of the counselee. This limited philosophical understanding is a serious obstacle to the development of counselors' professionalism in responding to the complexity of contemporary issues.

The contemporary era presents new challenges that demand a stronger philosophical foundation in guidance and counseling practices. The digitization of counseling services, issues of cultural diversity, changes in social structures, and the emergence of various new psychosocial phenomena require counselors to have a strong philosophical foundation in developing their professional practices. The digital era has changed the way humans interact, communicate, and understand reality, which in turn affects the patterns of problems brought by clients in counseling sessions. Researchers (Mustika, Jamaris and Solfema, 2023) emphasize that the urgency of the philosophy of science in counseling in the digital era is very important, especially in applications used to deal with clients through digital platforms.

This contemporary phenomenon requires a new paradigm in understanding human nature and the process of assistance, which can no longer be adequately explained by a single or partial approach. Counseling services, ethics, and the aesthetics of philosophy have very important and complementary roles, where ethics serve as the moral foundation that guides the professional behavior of counselors, while aesthetics play a role in creating a comfortable and conducive counseling atmosphere. (Yusuf, 2024) in his research on feminist philosophy and its implications in counseling guidance shows the need for a gender-based approach that not only considers individual experiences but also the broader social context.



The need for a holistic guidance and counseling model has emerged as a response to the limitations of reductive or fragmentary approaches. The holistic model in counseling recognizes that humans are complex beings with biological, psychological, social, and spiritual dimensions that interact dynamically (Umzah et al., 2024). A holistic approach does not only look at the symptoms or problems that appear on the surface, but seeks to understand the individual in their entirety, including the cultural context, values, and meaning systems that influence how individuals interpret their life experiences.

(Praekanata and Yuliastini, 2024) in their study on holistic approach-based counseling innovation emphasize the importance of integrating theories, models, and techniques to support students' overall well-being. The holistic concept in counseling is also reflected in the research (Rohimah et al., 2024), which shows that guidance and counseling as a science serve to alleviate individual problems so that the desired living conditions for each individual are more effective than in everyday life. This holistic approach requires the integration of various philosophical paradigms to create a comprehensive understanding of humans and the process of helping them.

The integration of the philosophy of science in the development of a holistic counseling guidance model is a necessity to address these challenges. The philosophy of science can provide a conceptual framework that allows for the synthesis of various paradigms and approaches in counseling without losing theoretical coherence. 's epistemology of constructivism, for example, can be integrated with ontological views that recognize the plural and dynamic reality of each individual (Umzah et al., 2024). Meanwhile, the axiological dimension of the philosophy of science can provide ethical guidance in counseling practices that respect the diversity of clients' values and beliefs.

The urgency of this research is also driven by the lack of scientific studies that specifically explore the integration of philosophy of science in the development of holistic counseling models, especially in the context of Indonesia, which has a diversity of cultures and complex values. Most of the existing literature still focuses on the application of a single paradigm or the discussion of philosophical aspects separately from the development of practical models. In fact, a comprehensive integration between philosophical foundations and practical models is necessary to produce a counseling approach that is not only technically effective but also existentially meaningful for clients.

This article aims to comprehensively examine how the philosophy of science can be integrated into the development of a holistic counseling guidance model through a literature study approach. This study will explore various relevant science philosophy paradigms, analyze the contribution of each paradigm to the understanding of human nature and the counseling process, and formulate an integrative framework for the development of a holistic counseling model. Thus, this article is expected to provide a theoretical contribution to the development of a more comprehensive and meaningful science of guidance and counseling.



Literature Review

The philosophy of science, as a branch of philosophy that examines the nature, methods, and foundations of scientific knowledge, plays a fundamental role in the development of various disciplines, including guidance and counseling. In the context of science, philosophy not only functions as an epistemological foundation that regulates how knowledge is obtained, but also provides an ontological framework about the nature of reality that is the object of study of that science (Habsy, 2017). As stated by Rofiq (2018), philosophy of science provides a strong theoretical foundation for the development of methodologies and paradigms in various disciplines. The existence of philosophy of science in guidance and counseling is becoming increasingly important given that the complexity of human problems faced in the contemporary era requires an approach that is not only technical-practical but also has a solid and comprehensive philosophical foundation.

Guidance and counseling as a multidisciplinary applied science has received significant contributions from various schools of philosophy and other social sciences, such as psychology, sociology, and anthropology (Mustika, Jamaris & Solfema, 2023). According to Habsy (2017), guidance and counseling is an independent science rooted in philosophy and religion, whose development is supported by education, psychology, sociology, anthropology, and culture, which are integrated and mutually reinforcing. The development of paradigms in guidance and counseling over time shows how philosophical schools of thought have had a significant influence on the counseling approaches used.

Various philosophical paradigms have shaped contemporary counseling practices. Positivism gave birth to the behavioral approach that emphasizes observation and measurement of observable behavior, while constructivism underlies the humanistic approach that views clients as active agents in creating meaning from their life experiences (Nurhasanah & Suastra, 2024). The phenomenological and existentialist paradigms have also enriched counseling practice by emphasizing subjective experience and the meaning of individual life. (Nurhafiza, 2023) asserts that the basic scientific assumptions of philosophy in guidance and counseling encompass three main dimensions: ontology (the nature of the client's reality), epistemology (how to acquire knowledge about the client), and axiology (the values underlying counseling practice).

2. RESEARCH METHOD

This study uses a qualitative approach with a literature review method. (Creswell, 2014) explains that a literature review is a comprehensive synthesis of various scientific sources such as journal articles, academic documents, and literature containing historical and contemporary theories and information, which are then organized based on specific themes or topics relevant to the research focus (Amelia et al., 2023). In line with this, (Zed.2004) emphasizes that literature research is not only carried out at the initial stage of conceptual framework development, but is a continuous process involving in-depth exploration of various literature



sources to obtain the necessary data and information, including textbooks, scientific journals, published articles, and other academic documents.

This research stage begins with the collection and identification of literature sources relevant to the topic of integrating the philosophy of science into the development of a holistic counseling model (Nugraha, 2025). These sources include accredited journal publications, reference books, scientific articles, and other academic documents that are closely related to the substance of the research. The literature selection process was carried out systematically by considering the credibility of the sources, the relevance of the content, and the recency of the publications to ensure the quality and validity of the data analyzed. This method allowed researchers to identify, analyze, and synthesize various theoretical perspectives and empirical findings that had been published, thereby producing a comprehensive and in-depth understanding of the phenomenon under study.

3. RESULT AND DISCUSSION

Table 1. Literature Review

No.	Article Title	Author and Year	Findings
1.	The Position of Philosophy of Science in the Development of Counseling Theory and Practice	Adela et al. (2025)	The philosophy of science provides epistemological, ontological, and axiological foundations that make counseling practices more comprehensive, professional, and positively impact individuals and society.
2.	Guidance and Counseling in the Paradigm of Philosophy of Science	Rohimah et al. (2024)	BK is a systematic, empirical, and rational discipline influenced by philosophy and social sciences, with unique methods to help individuals understand their potential and adapt productively.
3.	The Scientific Basis of Guidance from the Perspective of the Philosophy of Science (Ontology, Epistemology, and Axiology in Guidance Counseling)	Bunda et al. (2024)	Ontology, epistemology, and axiology form the basis of BK. BK practice must integrate these three aspects to produce effective and positive interventions.
4.	Guidance Counseling: Concepts,	Nasution et al. (2019)	BK services in schools still face obstacles related to teacher competence and understanding of the role of BK. Training, supervision, and support



	Theories, and Applications		from teacher training institutions are important to improve service quality.
5.	Implementation of Islamic Education Philosophy Principles in the Counseling Guidance Process	Muhammad Iqbal (2024)	Islamic counseling integrates Islamic values to develop individuals who are faithful, noble, and responsible through spiritual, moral, and intellectual guidance.
6.	The Role of Guidance and Counseling Science in a Philosophical Perspective	Harlina et al. (2022)	Guidance and counseling as a scientific activity uses systematic methods to solve human problems and assist in the search for scientific truth through a philosophical approach.
7.	Basic Philosophy of Psychoanalytic Counseling: A Literature Review	Habsy et al. (2023)	Freud's psychoanalytic theory explains personality through the id-ego-superego structure, psychosexual stages, and ego defense mechanisms that help deal with psychological problems more accurately.
8.	Counseling Guidance: Concepts, Theories , and Applications	Nasution et al. (2019)	BK plays an important role in education to help students develop optimally through counselor-client interactions aimed at resolving problems.
9.	Qualitative Research Paradigms and the Philosophy of Science in Counseling	Batubara (2017)	Counseling research based on postpositivism, constructivism, and critical paradigms includes the development of theory, counselor skills, and intervention strategies to improve the quality of practice.
10.	The Philosophy of Guidance and Counseling	Bakhrudin All Habsy (2017)	Guidance and counseling is an independent discipline rooted in philosophy and religion, developed through multidisciplinary contributions, with foundations in ontology, epistemology, axiology, methodology, and rhetoric.

Based on an analysis of the ten articles reviewed, it was found that the philosophy of science plays a fundamental role in the development of a holistic counseling model through three mutually integrated scientific dimensions: ontology, epistemology, and axiology. These three dimensions form a solid conceptual framework for understanding the nature of humans



as counseling subjects, how to obtain valid knowledge, and the ethical values that underlie professional practice.

From an ontological perspective, counseling views humans as complex beings with biological, psychological, social, and spiritual dimensions that interact dynamically. (Habsy, 2017) asserts that counseling as an independent discipline is rooted in philosophy and religion, whose development is supported by the integration of various sciences. This holistic ontological understanding forms the basis for the development of a counseling model that is non-reductionist and capable of responding to the complexity of contemporary human problems. The epistemological dimension shows that knowledge in counseling is obtained through an interdisciplinary approach that combines various theories and methods, with validation through empirical research and critical reflection. (Batubara, 2017) identifies three main paradigms—postpositivism, constructivism-interpretivism, and critical-ideological—which provide different perspectives in understanding the reality of counseling, thus requiring coherent integration to produce comprehensive knowledge.

The axiological dimension emphasizes the importance of ethical values such as confidentiality, fairness, empathy, and commitment to well-being in counseling practice. The principles of Islamic educational philosophy can be implemented to shape individuals who are faithful and have noble character, reflecting the integration of spiritual values in holistic counseling practice. The diversity of philosophical schools of thought, from Freud's deterministic psychoanalysis to constructivism, which emphasizes the construction of subjective meaning, shows that no single paradigm can explain the complexity of the phenomenon of counseling, thus requiring an integrative approach.

In the context of developing a holistic model, literature findings emphasize the need for synergistic integration between these three philosophical dimensions. (Adela et al., 2025) state that the integration of the philosophy of science enables counseling services to be more meaningful, effective, and positively impactful. A holistic model built on a strong philosophical foundation not only focuses on solving technical problems but also pays attention to the human aspect as a whole, including the spiritual, moral, and socio-cultural dimensions. (Harlina et al., 2022) reinforce that with a foundation in the philosophy of science, counseling guidance not only helps individuals overcome problems but also contributes to the search for scientific truth and the formation of measurable and rational theories and practices.

However, the literature review also reveals challenges that need to be overcome. (Nasution and Abdillah, 2019) identify that counselor competence and service quality are still major issues, with many practitioners not yet deeply understanding the philosophical foundations of their profession. This condition indicates that a weak philosophical understanding can have an impact on the quality of counseling practice. Therefore, mastery of philosophical foundations is an important prerequisite for counselor professionalism in developing a holistic counseling model.

Overall, the integration of the philosophy of science in the development of a holistic counseling model is not only a theoretical necessity but also a practical imperative for



addressing the complexity of contemporary human problems. Holistic counseling models must be built on philosophical foundations that integrate ontological dimensions that view humans holistically, epistemological dimensions that recognize the diversity of ways of acquiring knowledge, and axiological dimensions that respect the plurality of values and beliefs. Thus, counseling practices can be more responsive, meaningful, and effective in supporting the optimal development of individuals in accordance with their potential and socio-cultural context.

4. CONCLUSION

The philosophy of science plays a fundamental role in the development of a holistic counseling model through the integration of three interrelated scientific dimensions, namely ontology, epistemology, and axiology. These three dimensions form a solid conceptual foundation for understanding the nature of humans as complex and dynamic subjects of counseling, developing knowledge through a valid and proven interdisciplinary approach, and applying ethical values that respect diversity and the welfare of individuals and society.

The findings of the literature review indicate that a holistic counseling model requires a synthesis of various philosophical paradigms—ranging from postpositivism, constructivism-interpretivism, to critical-ideological—to produce a comprehensive understanding of the complexity of the counseling phenomenon. The integration of the philosophy of science allows counseling practices to focus not only on solving technical problems but also on paying attention to the overall human aspect, including biological, psychological, social, and spiritual dimensions. The implementation of philosophical principles in various contexts, including Islamic education and gender-based approaches, demonstrates the relevance and flexibility of the holistic model in responding to the diversity of values and socio-cultural contexts in Indonesia.

However, the challenges encountered in practice show that there is still a gap between philosophical understanding and the practical competence of counselors. Many practitioners do not yet have a deep understanding of the philosophical foundations of their profession, making it difficult for them to deal with complex dilemmas such as ethical conflicts and cultural value differences. Therefore, mastery of the philosophical foundations of must be an important prerequisite in the education and training of counselors through Teacher Training Institutions (LPTK), continuing education programs, supervision, and action research on guidance.

Overall, the integration of the philosophy of science in the development of a holistic counseling model is not only a theoretical necessity but also a practical imperative for addressing the complexity of contemporary human problems, especially in the digital age, which demands a transformation in the way we understand human nature and the process of helping. A holistic counseling model built on a strong philosophical foundation will result in counseling practices that are more responsive, meaningful, effective, and contribute positively to supporting the optimal development of individuals in accordance with their



potential and socio-cultural context. Thus, this article provides a theoretical contribution to the development of Indonesian guidance and counseling science that is more comprehensive, meaningful, and in line with the diversity of values and challenges of the times.

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