



SPIRITUAL COUNSELING APPROACHES IN RELIGIOUS POLICY FOR HANDLING ROHINGYA REFUGEES

PENDEKATAN KONSELING SPIRITUAL DALAM KEBIJAKAN KEAGAMAAN UNTUK PENANGANAN PENGUNGSI ROHINGYA

Azhar Mubarak

University of Semarang, Indonesia

Jl. Soekarno Hatta, Tlogosari Kulon, Pedurungan, Semarang, Central Java-Indonesia
azharmubarak1498@gmail.com

Ibnu Azka

State Islamic University Sunan Kalijaga, Indonesia

Jl. Laksda Adisucipto, Papringan, Caturtunggal, Sleman, Yogyakarta-Indonesia
ibnuazka00@gmail.com

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Abstract

This research aims to explore and analyze the application of the spiritual counseling approach in religious policies for handling Rohingya refugees. Rohingya refugees who have experienced trauma and psychological stress due to genocide and oppression in Myanmar need special assistance in recovering their mental health. A spiritual counseling approach, which integrates religious values in the counseling process, is considered effective for overcoming psychosocial problems faced by refugees. This study uses a literature study research method by collecting and analyzing various secondary sources such as books, journal articles, policy reports and official documents. The results of this research show that spiritual counseling can have a significant influence in recovering the mental health of Rohingya refugees by restoring their psychological function and strengthening their religious values. The implementation of spiritual counseling carried out by various institutions, such as UNHCR, IOM, and local religious organizations, has

shown a positive impact in reducing anxiety, depression and trauma experienced by refugees. In addition, the people of Aceh who have the same religious background as the Rohingya refugees provide strong support for this program. In conclusion, the spiritual counseling approach through religious policies is an effective strategy for psychosocial management of Rohingya refugees, especially in the context of mental health recovery. This research recommends increasing cooperation between governments, international organizations, and religious institutions to expand the reach and effectiveness of spiritual counseling programs for refugees. The implications of this policy include the need to integrate religious values in refugee recovery programs as well as increasing the capacity of spiritual counselors to handle complex cases.

Keywords : Rohingya, Refugees, spiritual counseling, religious policy, Indonesia

Abstrak

Penelitian ini bertujuan untuk mengeksplorasi dan menganalisis penerapan pendekatan konseling spiritual dalam kebijakan keagamaan untuk penanganan pengungsi Rohingya. Pengungsi Rohingya yang mengalami trauma dan tekanan psikologis akibat genosida dan penindasan di Myanmar memerlukan bantuan khusus dalam pemulihan kesehatan mental mereka. Pendekatan konseling spiritual, yang mengintegrasikan nilai-nilai agama dalam proses konseling, dianggap efektif untuk mengatasi masalah psikososial yang dihadapi oleh pengungsi. Studi ini menggunakan metode penelitian studi literatur pustaka dengan mengumpulkan dan menganalisis berbagai sumber sekunder seperti buku, artikel jurnal, laporan kebijakan, dan dokumen resmi yang relevan dengan penelitian ini. Hasil penelitian ini menunjukkan bahwa konseling spiritual dapat memberikan pengaruh yang signifikan dalam memulihkan mental pengungsi Rohingya dengan mengembalikan fungsi psikis dan memperkuat nilai-nilai keagamaan mereka. Implementasi konseling spiritual yang dilakukan oleh berbagai lembaga, seperti UNHCR, IOM, dan organisasi keagamaan lokal, menunjukkan adanya dampak positif dalam mengurangi kecemasan, depresi, dan trauma yang dialami pengungsi. Selain itu, masyarakat Aceh yang memiliki kesamaan latar belakang keagamaan dengan pengungsi Rohingya memberikan dukungan yang kuat terhadap program ini. Kesimpulannya, pendekatan konseling spiritual melalui kebijakan keagamaan merupakan strategi efektif untuk penanganan psikososial pengungsi Rohingya di Indonesia, terutama dalam konteks pemulihan kesehatan mental. Penelitian ini merekomendasikan peningkatan kerjasama antara pemerintah, organisasi internasional, dan lembaga keagamaan untuk memperluas jangkauan dan efektivitas program konseling spiritual bagi pengungsi. Implikasi kebijakan ini mencakup perlunya integrasi nilai-nilai agama dalam program pemulihan pengungsi serta peningkatan kapasitas konselor spiritual untuk menangani kasus-kasus yang kompleks.

Kata kunci : Rohingya, Pengungsi, konseling spiritual, kebijakan keagamaan

INTRODUCTION

The Rohingya crisis is one of the most complex and tragic human tragedies in the modern era (M. M. Islam et al., 2022). The Rohingya, a Muslim minority group in Myanmar, have experienced systematic persecution and violence for years, forcing thousands of them to flee to neighboring countries, including Indonesia (Hossain, 2023). This situation has created various humanitarian, social and psychological challenges for both refugees and host countries.

This crisis stems from ethnic and religious conflict in Rakhine State, Myanmar. Rohingya have long been considered illegal immigrants by the Myanmar government and have experienced discrimination, deprivation of basic rights and violence (Syarifatul Ula, 2017). The peak occurred in 2017, when the Myanmar military launched a massive operation that forced hundreds of thousands of Rohingya to flee to Bangladesh and other Southeast Asian countries. (Muhammad Arsyad, et.,al 2021). The country of Bangladesh has a direct land border with Myanmar, which is one of the strong reasons for Rohingya refugees to seek refuge there (Ismail et al., 2022). One of the locations in Bangladesh which is the main point for sheltering Rohingya refugees is the Cox's Bazar refugee camp (M. T. Islam et al., 2023). According to a number of literature published in the reputable journal Scopus, the Cox's Bazar refugee camp often experiences various conflicts. The conflict occurred between the refugees themselves, between refugees and local residents, and between refugees and the Bangladesh government (Nasar et al., 2022)

The many conflicts that occurred in refugee camps prompted the United Nations (UN) to appoint UNHCR (United Nations High Commissioner for Refugees) to safeguard and protect the rights of refugees. UNHCR has a major responsibility to provide protection and ensure the welfare of refugees, as well as protecting them from violence and human rights violations (Corkery, 2006). UNHCR has a significant influence on various countries in the world, including Indonesia, especially in supporting Rohingya refugees. , UNHCR helps provide priority and community support for refugees. Based on CCN Indonesia's online media report, the number of Rohingya refugees arriving continues to increase from year to year. The latest data from UNHCR as of 10 December 2023 reports that the number of refugees reached 1,543 people (Indonesia, 2024)

At the beginning of the arrival of Rohingya refugees, the Indonesian people, especially in Aceh, welcomed them warmly. The people of Aceh show sympathy and provide assistance to stranded refugees, this is driven by a background of faith and human values. However, towards the end of 2023, Indonesia, especially the people of Aceh who interact directly with refugees, will begin to face various problems related to the presence of Rohingya refugees.

Indonesia, as a country with a Muslim majority and a strong tradition of accepting refugees, has become an important destination for Rohingya refugees (Robbins, 2020). The Indonesian government, together with international and local organizations, has attempted to provide humanitarian assistance, temporary shelter, and medical support for the refugees (Adhaniah et al., 2021).

However, the challenges faced by Rohingya refugees are complex, starting from physical violence and logistics, but also including mental and psychological aspects (Riley et al., 2020).

Rohingya refugees often arrive in a condition of severe trauma due to the violence experienced in Myanmar, the journey is quite dangerous, and also often lose direction in planning their lives in the future. (Robbins, 2020). This trauma occurs due to several factors, including refugees who have lost family members, due to torture, and the experience of living in very inhumane conditions. (Riley et al., 2017). This condition requires special attention in the form of comprehensive and ongoing mental health services.

The spiritual counseling approach offers an alternative and complementary method in efforts to mentally recover refugees (Droždek, 2015). In this context, spirituality does not only refer to formal religious practices, but also includes broader dimensions of meaning in life, hope, and connection with a higher power. (Demmrich & Huber, 2019). This approach is recognized as having great potential in helping individuals overcome trauma, find inner peace, and restore emotional balance (Silove et al., 2017). Indonesia, with its cultural and religious diversity, has strong social capital to implement spiritual counseling approaches (Ludji & Lauterboom, 2015). Strong religious traditions and the existence of diverse social and religious communities can be important resources in providing the spiritual support needed by Rohingya refugees (Pires et al., 2019). Apart from that, this approach is also in line with the values of humanity and solidarity adhered to by Indonesian society.

Research on the handling of Rohingya refugees has been carried out by many previous scholars, especially those related to humanitarian aspects, physical health and social integration. However, research that specifically discusses spiritual counseling approaches in religious policies for handling Rohingya refugees has still not been on the radar of previous research. Therefore, the author will fill in the gaps. Previous research still focused on aspects such as physical health, basic needs (food, shelter), and social integration of Rohingya refugees. This research specifically highlights the role of spiritual counseling, which is an approach to integrating religious values in the psychological and mental recovery process. This research focuses on how spiritual counseling can be used as a tool to overcome trauma, depression, and anxiety among refugees.

Many previous studies have examined government policies or participation in international organizations without specifically linking them to religious

policies. This research explores how religious policies, where the majority of the population is Muslim, can be integrated with spiritual counseling approaches to provide more holistic and relevant support for Rohingya refugees. Lastly, this research uses a comprehensive literature study method to collect, analyze and synthesize information from various secondary sources such as books, journal articles, policy reports and official documents. This approach is different from field research or case studies in previous research on refugees.

This research introduces the integration of a spiritual counseling approach in religious policy as a new strategy for dealing with Rohingya refugees. The novelty of this research lies in its in-depth exploration of how the combination of these two aspects can provide more effective support for refugees. This research shows that the integration of spiritual counseling into religious policy has not been widely discussed before, thus presenting a significant new perspective. In addition, this research provides specific policy recommendations for the implementation of spiritual counseling in refugee management programs. The program includes special training for counselors, strengthening cooperation between the government and religious institutions, as well as integrating religious values in mental recovery programs. The resulting recommendations can provide practical guidance for policy makers and practitioners in the field, enabling the handling of refugees to be more effective and sustainable.

A holistic approach to refugee mental health is one of the strengths of this research. This research not only pays attention to the mental but also spiritual aspects of refugee health. This approach offers a more comprehensive view of refugees' needs and ways to meet those needs more effectively, which can help them better cope with trauma, depression, and anxiety. This research also makes a scientific contribution to the academic literature by filling existing gaps regarding the use of spiritual counseling in religious policy. The results of this research provide a strong theoretical and empirical basis for further research and better policy development in the future. Therefore, this research not only enriches academic insight but also provides practical implications that can be applied in real contexts to improve the quality of handling Rohingya refugees and in other countries that have relevant problems.

This research aims to explore the effectiveness of a spiritual counseling approach in the mental recovery of Rohingya refugees. Specifically, this research will examine how this approach is implemented, the challenges faced, and the positive impacts felt by refugees. This research will also evaluate the role

of various parties, including government, non-government organizations and local communities in supporting this program.

It is hoped that the results of this research can provide an important contribution to the development of more effective and humane mental recovery strategies for Rohingya refugees. In addition, this research can also provide insights for public policy and professional practice in a broader context, as well as strengthen Indonesia's efforts to provide protection and support for those in need.

METHODS

This research uses a literature study method to explore and analyze spiritual counseling approaches in relation to religious policies implemented for handling Rohingya refugees . This approach is developed through the evaluation and synthesis of various relevant secondary sources, including books, journal articles, policy reports and official documents. Data was collected from 40 academic literatures including books and journal articles on spiritual counseling, mental health, religious policy, and refugees. Official reports and documents from the Indonesian government, international organizations such as UNHCR and IOM, as well as reports from non-governmental organizations working with Rohingya refugees were also analyzed. Previous academic research, media articles, and recent news reports that provide context and developments regarding the Rohingya crisis and Indonesia's response will also be used. Source selection is based on relevance, credibility, and recency, with a focus on literature published within the last ten years to ensure relevant and up-to-date data.

DISCUSSION

Application of Spiritual Counseling in Handling Rohingya Refugees

Based on a literature review, the application of spiritual counseling in handling Rohingya refugees has shown positive results in their mental and emotional recovery. Spiritual counseling is an approach that integrates religious and spiritual values in the counseling process to help individuals find meaning in life, inner peace and psychological well-being. Rohingya refugees, who are predominantly Muslim, tend to respond well to this approach because spiritual counseling aligns with their religious beliefs and practices. Previous literature

suggests that spiritual counseling can help refugees overcome the trauma, stress, and anxiety caused by their experiences. Several studies reveal that refugees involved in spiritual counseling programs report improvements in aspects such as: First. Managing Emotions, Rohingya Refugees experience reduced levels of anxiety and depression. Spiritual counseling helps them overcome feelings of hopelessness and increase hope. Second. Stress Management, through prayer rituals, meditation and spiritual reflection, refugees can develop effective coping mechanisms to manage stress. Third. Self-Reflection, spiritual counseling helps refugees find meaning in their experiences and accept their current situation better (Tay et al., 2019).

Form a Spiritual Counseling Program

Spiritual counseling is considered one of the effective techniques for restoring function and value, especially those related to mental health (Evans & Nelson, 2021). According to Anwar, through a religious approach, spiritual counseling seeks to restore the client's psychological condition (Fuad Anwar et al., 2019). The aim of this spiritual approach is to help clients find the meaning of life and improve their life values (Zamroni, 2019).

The counseling services provided can help clients become more independent. Especially for Rohingya refugees, counseling is expected to be a new strategy to reduce the anxiety, depression, anxiety, fear, anger and trauma they experience (Zatrahadi et al., 2021). Spiritual counseling also provides enlightenment for clients to return to their religious values. Thus, spiritual counseling contributes to growing and developing values that help clients become independent in a sustainable manner (Azka Silma Awawina, 2022).

It is important for counselors to consider religious elements as a basis for implementing guidance and counseling, especially for refugees (Supardin, 2019). Spiritual counseling functions as a provider of assistance, coaching, direction, enlightenment, role model, motivation, and problem solver (Muftihah et al., 2021). According to Fuad, counseling has several functions: educational, rescue, social supervision, fostering brotherhood, and transformative (Paratiwi & Farasagitaputri, 2021).

The Indonesian government in implementing programs to handle the influx of refugees always experiences quite challenging dynamics. So, handling Rohingya refugees requires special expertise and well-organized mechanisms. Therefore, the Indonesian government responded by asking several professional

institutions and sympathizing institutions, in this case non-governmental organizations, to work together to handle Rohingya refugees .

Spiritual counseling programs are often implemented by religious institutions and NGOs that focus on humanitarian assistance (Muttaqin et al., 2017). The Indonesian government, through the Ministry of Religion and the Ministry of Social Affairs, also supports this program by providing training for counselors and facilitators from local communities (Irmansyah et al., 2020).

Apart from that, there are also several institutions that contribute to helping refugees with administration and their daily needs. Among them, First, UNHCR was given the task of registering and issuing refugee status, then served as a facilitator in terms of housing, food and clothing needed by the Refugees (Faisal et al., 2022). Second, IOM is an official institution that handles immigration issues. Given the various inequalities experienced by refugees, IOM participated in the agreement to deal with them. The forms of services provided by IOM include managing refugee migration, arranging the transfer of refugees to third countries, and meeting the basic needs of refugees (Tambunan, 2019). Third, JRS (Jesuit Refugees Service) has the task of finding shelter and distributing Rohingya refugees. However, JRS's main task is to handle the psychosocial aspects of refugees. JRS is responsible for restoring disturbed psychosocial functions in Rohingya refugees, such as trauma, stress, anxiety, depression and other psychosocial problems (Kuswardini & Auliyah, 2021). Fourth, MDMC (Muhammadiyah Disaster Management Center) offers three main components in dealing with Rohingya refugees, both in Bangladesh and Indonesia, namely emergency, recovery and reconciliation; Emergency, namely the distribution of medicines and clothing needs. Recovery is the facilitation of treatment, education and health services. Reconciliation aims to restore relations between refugees and local populations through initiatives such as peace markets (Kuswardini & Auliyah, 2021).

The spiritual counseling techniques developed include prayer, worship, contemplation, patience, grace, reflection, giving and example (Muhammad, 2021). Apart from that, spiritual counseling has various religious therapy techniques such as repentance, patience, tawakkal, and sincerity as well as applying various forms of therapy such as prayer and dhikr (Arroisi & Kusuma, 2021). This encourages clients to accept good and bad and all forms of provisions that have been determined by God Almighty.

The implementation of spiritual counseling is very necessary for refugees, especially Rohingya refugees who experienced genocide and oppression.

Spiritual counseling is easily adapted to Rohingya refugees because their religious background is predominantly Muslim, so that an Islamic religious approach can be applied effectively. Spiritual counseling also has the advantage of presenting religious values, which makes the local community, especially in Aceh, more supportive of this program for Rohingya refugees.

The author offers spiritual counseling as a strategy to restore the life function of Rohingya refugees, especially in terms of mental health. The main aim of spiritual counseling is to advance and make clients psychologically independent, so that they are able to survive in transit countries, especially Indonesia. Apart from that, another aim is as a manifestation of faith, to remain steadfast and confident that the support of fellow Muslims and a predetermined destiny will produce positive values, both in the development of refugees' mental health and as a representation of knowledge that can be improved through spiritual counseling services.

Religious Policies that Support Spiritual Counseling

Religious policy has an important role in supporting the implementation of spiritual counseling for Rohingya refugees. Some relevant policies include:

Ministry of Religion Policy

The Indonesian Ministry of Religion has issued several policies that support the integration of religious values in social and mental health services. One of the main policies is providing training to religious counselors to become spiritual counselors. Religious counselors are trained to provide the spiritual and psychological support needed by refugees or people in need of psychological guidance (Al-Nuaimi & Qoronfleh, 2022).

Collaboration with International Organizations

The Indonesian government works with international organizations such as UNHCR and IOM to ensure that spiritual counseling services comply with international standards and cultural sensitivity (Utami, 2017). This collaboration includes providing resources, training and logistical support.

Support from the Local Community

Local communities, such as mosques and religious centers, play an active role in providing a supportive environment for refugees. They not only provide a place for worship but also a center for social activities and spiritual

counseling. Several organizations that play a role in supporting the handling of Rohingya refugees include Dompot Dhuafa, Aksi Cepat Tunjung, Geuntanyo Foundation, Indonesian Red Cross (PMI), Center for Integrative Welfare, Center for Integrated Services for the Empowerment of Women and Children, and the Indonesian Muslim Humanitarian Foundation (Faisal et al., 2022). The involvement of these formal and informal institutions is analyzed in depth and shows that they have similar functions and desired goals, namely the realization of mutual benefit.

The contribution of these institutions, both formal and informal, is very important in raising awareness of the humanitarian crisis experienced by refugees. Their role is not only to provide material assistance, but also to build social sensitivity towards the suffering experienced by refugees. The presence of these institutions helps refugees to access their rights, especially basic needs such as food, shelter and health services, so that they can live a decent life like humans in general.

These institutions also function as bridges that connect the needs of refugees with available resources, both from the government and society. Their involvement shows there is a collective effort to create a more inclusive and supportive environment for refugees, while ensuring that they not only receive temporary assistance, but also receive ongoing support for recovery and social integration. Thus, the existence and contribution of these formal and informal institutions is very important in dealing with the humanitarian crisis faced by Rohingya refugees. They provide a strong foundation to ensure that refugees can experience their basic rights and live a life of dignity, in line with universal human values.

Challenges and Obstacles in Implementing Spiritual Counseling

Although spiritual counseling has demonstrated its effectiveness, there are several challenges and barriers that need to be overcome to improve the quality and reach of this service; First, Limited Resources. Limited financial and human resources are one of the main obstacles. Many spiritual counseling programs rely on donations and volunteers, which may not always be enough to meet the needs of all refugees. Second, Counselor Training and Qualifications. Not all religious counselors have suitable qualifications to provide psychological counseling services. Therefore, more intensive and ongoing training programs are needed to ensure that counselors have the necessary skills. Third, Cultural and Religious Sensitivity. Although the majority of Rohingya refugees are Muslim, it is also

important for counselors to ensure that spiritual counseling approaches are also appropriate to the variations in religious and cultural practices among them. An approach that is too general or does not pay attention to individual differences can reduce the effectiveness of counseling.

One form of solution to this problem is cultural acculturation. The cultural acculturation that occurs between Rohingya refugees and the people of Aceh is not just a relationship between guests and hosts. The people of Aceh not only welcomed refugees but also made certain requests, such as inviting Rohingya refugees to integrate into local life. In addition, the people of Aceh requested that refugee children be included as part of community families (Faisal et al., 2022). In practice, Rohingya refugees also learn local languages, especially Indonesian, to facilitate the process of daily interaction and communication (Siregar et al., 2019).

This cultural acculturation provides significant space for Rohingya refugees to obtain their basic rights. For example, refugee children have access to education, which is crucial for their future development. Apart from that, they also get access to public facilities such as clean water, health services, playgrounds, prayer rooms and sports facilities (Lizani & Ubaidullah, 2022). This acculturation process not only supports the social integration of Rohingya refugees but also strengthens social cohesiveness between them and the people of Aceh. Through these efforts to make refugees part of the local community, the people of Aceh show a high level of tolerance and inclusion. This helps refugees to adapt more easily and feel accepted in their new environment.

Furthermore, this cultural acculturation provides Rohingya refugees with the opportunity to build a more stable and dignified life in the host country. Intense and mutually beneficial interactions between refugees and local communities create a conducive environment for refugees' psychological and social recovery.

The Impact of Religious Policies on the Mental Recovery of Refugees

Support from religious policies in the implementation of spiritual counseling has had a positive impact on the mental recovery of Rohingya refugees. Some of the positive impacts that have been identified include: First, increasing access to mental health services through policies that support spiritual counseling programs, increasing refugee access to spiritually based mental health services.

This helps refugees get the help they need more easily and quickly. Second, Reducing the Stigma of Mental Health, through the integration of religious values in mental health services, the stigma associated with mental health problems can be reduced. Refugees are more likely to seek help when they feel that the services are in line with their religious beliefs. Third, Recommendations for Future Policy and Practice Development Based on the findings from the literature review, the following are several recommendations for future policy and practice development.

Developing a training program for spiritual counselors is a necessity in the context of handling Rohingya refugees. It is important to develop comprehensive training programs for spiritual counselors, including training in psychological counseling techniques, cultural understanding, and trauma management. Spiritual counselors not only need to understand religious aspects, but also have to be skilled in modern psychological counseling techniques that can help overcome the trauma and stress experienced by refugees. Cultural understanding is also very important, considering that refugees come from different cultural recover from the traumatic experiences they have experienced (Paige, 2015).

Collaboration between governments, international organizations, NGOs and local communities is a crucial element that needs to be improved to ensure the provision of adequate resources and sustainable support. Local governments need to work together with various parties to create a solid support network. International organizations such as UNHCR and IOM can provide technical and financial assistance, while NGOs and local communities can provide direct support. Through this collaboration, the resources needed to support refugees can be more effectively channeled, and ongoing support can be guaranteed.

Apart from that, developing flexible and responsive religious policies is very important. This policy must be able to adapt to the diverse and changing needs of refugees (Mulyana, 2016). Rigid and inflexible policies will be difficult to implement effectively, given the variations in religious and cultural practices that exist among refugees. Therefore, the policies developed must be able to take these variations into account and ensure that the services provided are accessible to all refugees, without discrimination. Through a flexible approach, religious policies can be more inclusive and responsive to the basic needs of each refugee group.

Further research is also urgently needed to continue to evaluate the effectiveness of spiritual counseling approaches and identify areas that require improvement. This ongoing evaluation is important to ensure that the approach

implemented is truly effective and provides real benefits for refugees. This research must also accommodate the views of refugees themselves to ensure that the services provided truly meet their needs and expectations. Overall, the spiritual counseling approach in religious policy for handling Rohingya refugees requires collaborative efforts, adaptive policies, and ongoing research to ensure the effectiveness and relevance of the programs implemented. With these steps, it is hoped that the support provided can help Rohingya refugees to recover mentally and spiritually and live a more meaningful and productive life in their refugee camps.

RECOMMENDATION

This research shows the importance of a spiritual counseling approach in relation to religious policies for dealing with Rohingya refugees . From the research results, several academic recommendations and sustainability policy implications can be drawn.

Academically, this research recommends the need for further development in the field of spiritual counseling as a holistic approach in dealing with trauma and psychosocial problems experienced by refugees. More in-depth studies on the effectiveness of various spiritual counseling techniques, such as prayer, worship, contemplation, and dhikr therapy, in the cultural and religious context of Rohingya refugees, need to be conducted to strengthen the knowledge base and practice in this area. In addition, collaboration between academics, practitioners and religious institutions in designing spiritual counseling programs that are comprehensive and based on scientific analysis can improve the quality of interventions provided to refugees.

From a policy perspective, the results of this research indicate that religious policies that support spiritual counseling must be integrated into refugee management programs. The government and related institutions need to formulate policies that facilitate the training of counselors in spiritual counseling techniques and ensure that there is adequate resource support for the implementation of these programs. Policies that encourage the active participation of religious institutions and community organizations in providing spiritual counseling services are also important to create a wider and more effective support network. For sustainability, this policy must include a systematic monitoring and evaluation mechanism to assess the effectiveness of spiritual counseling programs and make necessary improvements. Policies

must also ensure that refugees have continued access to mental health services and spiritual support, even after the initial crisis response phase has passed. Empowering refugees through education and training programs that cover spiritual and psychosocial aspects can help them develop the skills necessary to adapt and integrate into local society. In the long term, a spiritual counseling approach integrated into religious policy can build a strong foundation for the mental and social recovery of Rohingya refugees, helping them overcome trauma and achieve sustainable well-being. Governments, academia and religious institutions need to work together to ensure that this approach is implemented effectively and provides real benefits for refugees and local communities.

CLOSING

This research discusses the importance of integrating a spiritual counseling approach in religious policies for dealing with Rohingya refugees . The findings of this research indicate that spiritual counseling, using techniques such as prayer, worship, contemplation, and remembrance therapy, can be an effective tool in restoring the mental health of refugees who have experienced trauma and psychosocial problems. This approach not only provides emotional and psychological support but also strengthens refugees' spiritual bonds, helping them find meaning and purpose in their new lives.

Implementing spiritual counseling in religious policies has several main benefits. First, this approach is very relevant and easily accepted by Rohingya refugees who are predominantly Muslim, because this counseling uses religious values and practices that they are familiar with and adhere to. Second, the support of local communities, especially in areas such as Aceh, is very positive towards programs based on religious values, thereby creating a conducive environment for social integration and refugee recovery.

This research also shows that collaboration between government, religious institutions, and community organizations is very important for the success of spiritual counseling programs. Policies that support counselor training in spiritual counseling techniques, as well as adequate resource allocation, will ensure that refugees receive quality and sustainable services. In addition, systematic monitoring and evaluation is needed to assess the effectiveness of this program and make necessary improvements.

The author concludes that a spiritual counseling approach can play an important role in dealing with the influx of Rohingya refugees . Through

psychological and spiritual support programs, this approach is sufficient to help refugees overcome trauma, develop resilience, and achieve better well-being. Therefore, the integration of spiritual counseling in religious policy is a strategic step that can have a long-term positive impact on refugees and local communities .

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