

## PENDEKATAN INTEGRATIF BIMBINGAN KONSELING KRISTEN DALAM MEMBANGUN KESEHATAN MENTAL DAN SPIRITUALITAS INDIVIDU DI ERA MODERN

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### **Abstract**

*This study aims to examine an integrative approach to Christian counseling as an effort to build individual mental health and spirituality in the modern era. The method used is a qualitative study with a library study through analysis of various relevant literature sources. The results of the study indicate that an integrative approach that combines psychological principles and Christian theological values can provide a holistic understanding of human beings. This approach focuses not only on resolving psychological problems but also on restoring an individual's spiritual relationship with God. Spirituality has been proven to play a significant role in increasing mental resilience, providing meaning to life, and helping individuals cope with the pressures of modern life. Furthermore, this approach is relevant in addressing the challenges of the digital era and complex social changes. Thus, integrative-based Christian counseling is an effective alternative in creating sustainable mental and spiritual well-being.*

**Keywords:** integrative approach, Christian counseling, mental health, spirituality, modern era

### **Abstrak**

Penelitian ini bertujuan untuk mengkaji pendekatan integratif dalam bimbingan konseling Kristen sebagai upaya membangun kesehatan mental dan spiritualitas