

Implementation of cyber counseling in the Merdeka Belajar curriculum in the era of society 5.0

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Abstract: Counselors have an important role in the success of the Merdeka Belajar curriculum. Counselors need to have cyber counseling to support their professionalism in implementing guidance and counseling. This study aims to examine the implementation of cyber counseling in the Merdeka Belajar curriculum. The research uses the systematic literature review method which is carried out in six stages, namely problem formulation, systematic literature search, screening and selection of relevant articles, qualitative analysis and synthesis, quality control, compiling reports. A total of 14 articles that passed the screening were reviewed to identify various strategies that have been used for implementation. The results of this study indicate that the implementation of cyber counseling in Merdeka Belajar curriculum includes technical preparation of hardware and software. The stages that need to be considered are almost the same as counseling in general. First, the preparation stage which includes technical preparation of hardware, software, and evaluation. Second, the counseling process stage which consists of delivery, exploration, interpretation, coaching, and assessment. And the third stage, the post-counseling stage which is marked by the success of counseling with effective client conditions. This research can be a reference for further research to be able to develop more innovative and applicable cyber counseling implementation strategies.

Keywords: Cyber counseling, counselor, Merdeka Belajar curriculum

Implementasi cyber counseling dalam kurikulum Merdeka Belajar di era society 5.0

Abstrak: Konselor memiliki peran penting dalam keberhasilan Merdeka Belajar. Konselor perlu memiliki layanan cyber counseling untuk mendukung profesionalismenya dalam pelaksanaan layanan bimbingan dan konseling. Penelitian ini bertujuan untuk mengkaji implementasi cyber counseling pada kurikulum Merdeka Belajar. Penelitian menggunakan metode systematic literature review yang dilakukan dalam enam tahap, yaitu perumusan masalah, pencarian literatur secara sistematis, penyaringan dan pemilihan artikel yang relevan, analisis dan sintesis kualitatif, kendali mutu, menyusun laporan. Sebanyak 14 artikel yang lolos penyaringan dikaji mengidentifikasi berbagai strategi yang telah digunakan penerapan. Hasil penelitian ini menunjukkan bahwa penerapan cyber counseling di kurikulum Merdeka Belajar mencakup persiapan teknis perangkat keras dan perangkat lunak. Adapun tahapan yang perlu diperhatikan hampir sama dengan konseling pada umumnya. Pertama, tahap persiapan yang meliputi persiapan teknis perangkat keras, perangkat lunak, dan evaluasi. Kedua, tahap proses konseling yang terdiri dari pengantaran, penjajagan, penafsiran, pembinaan, dan penilaian. Dan tahap ketiga, tahap pasca konseling yang ditandai dengan keberhasilan konseling dengan kondisi klien yang efektif. Penelitian ini dapat menjadi acuan bagi penelitian lebih lanjut untuk dapat mengembangkan strategi implementasi cyber counseling yang lebih inovatif dan aplikatif.

Kata Kunci: Cyber counseling, konselor, kurikulum Merdeka Belajar

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INTRODUCTION

Technological advances have always progressed over time to improve civilization for the welfare of all humans. As a result, a novel paradigm known as Society 5.0 emerged, an epoch instigated by the Japanese government that prioritizes the integration of human-centric principles into an ever-evolving technological framework (Haqqi & Wijayati, 2019). Society 5.0 represents a progression from Industry 4.0, wherein technology is integrated into the human condition to facilitate daily activities and not only the exchange of information. Society 5.0 prioritizes an effortless, streamlined existence (Harun, 2021). Humans play a crucial role in the Society 5.0 concept by transforming big data into a novel form of wisdom that can enhance the capacity of individuals to generate opportunities for leading meaningful lives (Nastiti et al., 2022). Society 5.0 is the answer to problems with the aim of justice, equity, and shared prosperity to create a supersmart society (Handayani & Muliastri, 2020).

The development of the Society 5.0 era is driven by human needs that continue to grow, one of which is education. With the presence of era Society 5.0, Indonesia must produce quality human resources. This aims to find solutions to meet their needs by continuing to explore information and creating innovations to support their survival in a more complex global world. This is a challenge for education to create quality human resources in the future (Hadiapurwa et al., 2021). In order to face these challenges, it is necessary to revitalize the education curriculum that can equip individuals with the skills needed to be competitive in various scientific fields. The curriculum is the main pillar in the progress of education. The curriculum is the key to success in education in Indonesia (Bungawati, 2022). So, a solution was created to prepare quality education to answer the opportunities and challenges in the current Society 5.0 era, namely through implementing the Merdeka Belajar curriculum.

The Merdeka Belajar curriculum is expected to be a new spirit to achieve better changes from the previous curriculum. Learners have the freedom to choose and participate in the learning process, an important part of the Merdeka Belajar curriculum concept. The educational process frees learners from pressure, threats, and utilization (Sesfao, 2020). The Merdeka Belajar curriculum is defined as a learning plan that provides learning opportunities and opportunities that are more flexible, enjoyable, and free from pressure to students; this aims to make students more focused on developing their potential, interests, and talents (Rahayu et al., 2022). This curriculum aims to create the nation's next generation who can quickly understand every concept of knowledge conveyed by educators and responsibly and optimally utilize technology in every lesson (Indarta et al., 2022). Based on these objectives, efforts can be made through guidance and counseling services. The role of guidance and counseling services in the Merdeka Belajar curriculum is as a coordinator in realizing the psychological well-being of students and facilitating the development of students to actualize their potential to achieve optimal development. In addition, guidance and counseling are also part of the planning preparation of the Pancasila student profile strengthening project (Rahmawati, 2022).

The role of the guidance and counseling teacher is one of the crucial elements in realizing the success of the Merdeka Belajar curriculum. Guidance and counseling teachers implement guidance and counseling services that help provide services in the personal, social, learning, and career fields. This is very relevant in supporting the actualization of the

Merdeka Belajar curriculum as an effort to realize a curriculum that can help students to have adaptive, flexible, and altruistic abilities that can compete in the current era of Society 5.0 (Suriadi et al., 2021). Counselors need various preparations to achieve professionalism when facing the Merdeka Belajar curriculum to achieve optimal service implementation (Fauziah & Ahmad, 2022). Counselor teachers must have creativity and innovation to implement guidance and counseling services.

One of the applications of service innovation that can be provided by counseling teachers is through cyber counseling. In the development of information and communication technology in the current era of Society 5.0, interactions between counselors and counselees do not only occur in face to face relationships but are carried out virtually via the internet (Petrus & Sudibyo, 2017). When viewed from the level of effectiveness and efficiency, the use of online counseling is the right choice in the current era of Society 5.0, therefore counselors need to adapt and prepare themselves well in mastering information and communication technology in implementing online guidance and counseling services.

Therefore, this study aims to review and analyze the concepts and stages of cyber counseling and its implementation in the Merdeka Belajar curriculum. The implementation of cyber counseling can increase the effectiveness of guidance and counseling services. This service can be carried out more efficiently and effectively because it does not require direct face-to-face contact between counselors and students. In addition, cyber counseling can also provide space for students to be more open and honest in expressing their problems so that they can realize the psychological well-being of student well-being students, one of the goals of the Merdeka Belajar curriculum. The results of this study and analysis are expected to be a reference for counselors and other researchers to develop cyber counseling innovations in the Merdeka Belajar curriculum in the era of Society 5.0.

METHOD

The research method used is systematic literature review (SLR) by collecting, evaluating, and synthesizing information from various literature sources relevant to a specific research topic (Xiao & Watson, 2019). The main objective is to present a comprehensive and structured review of the research questions regarding online counseling services in the Merdeka Belajar curriculum. The advantage of this SLR method is that it has the ability to present a comprehensive and objective picture of the research topic by minimizing bias. According to Francis and Baldesari (2006), the research procedure with the SLR method is carried out through six stages, namely:

1. First stage: Problem formulation

At this stage, research questions related to the implementation of online counseling services in the Merdeka Belajar curriculum were formulated. Researchers formulate and define specific and clear research questions. The following is the formulation of questions that researchers ask:

- a. RQ1: What is the concept of cyber counseling services?
- b. RQ2: What are the stages of cyber counseling services?
- c. RQ3: How is cyber counseling implemented in Merdeka Belajar curriculum?

2. Second stage: Systematic literature search

At this stage, a systematic search for literature review is carried out using databases, journals, and other sources of information to identify articles that match the research criteria. Researchers utilize Publish or Perish software to speed up the literature search process and based on ScienceDirect and Google Scholar sources. So that the initial number of articles obtained in the data set reached 153 articles.

Table 1. Results of a literature search through Publish or Perish (PoP) version 8

No	Keyword or Title Based	Based	Scopus	Google Scholar
1	Cyber counseling	Keyword	17	
2	Cyber counseling merdeka belajar	Keyword		50
3	Cyber counseling merdeka belajar	Keyword		86
Total journal articles (n)				n=153

The 153 journal articles were then entered into the Covidence website. Journal articles that are found to be duplicate or repetitive will automatically be deleted by the Covidence site, as many as n = 50 journal articles.

3. Stage three: Filtering and selection of relevant articles

At this stage, filtering and selection of articles that are more relevant to the proposed topic is carried out. By reviewing the title, abstract, and full content of each article to select appropriate literature sources. Systematically evaluate the quality and relevance of each article to ensure the accuracy and reliability of the data. In this case, there were screening criteria that were accepted and not accepted. The selection of these criteria is also carried out using the Publish or Perish application in the 2018-2023 range. Then the processing of some of the criteria results was carried out using the Covidence site.

After searching for articles, the screening stage is continued based on the criteria that are accepted and not accepted. Articles that appear multiple or repeated will be automatically deleted and leave n = 103 journal articles. On the Covidence site, there are three stages: title and abstract screening; full article screening; data extraction based on inclusion and exclusion criteria. Inclusion criteria are related to the proposed quality assessment.

There are exclusion criteria that will be done manually, including Wrong setting (n = 5), Wrong indication (n = 8), Wrong intervention (n = 13), Wrong population (n = 4). Figure 1 shows the complete process with the Preferred Reporting Items for Systematic and Meta-Analyses (PRISMA) model through the Covidence site.

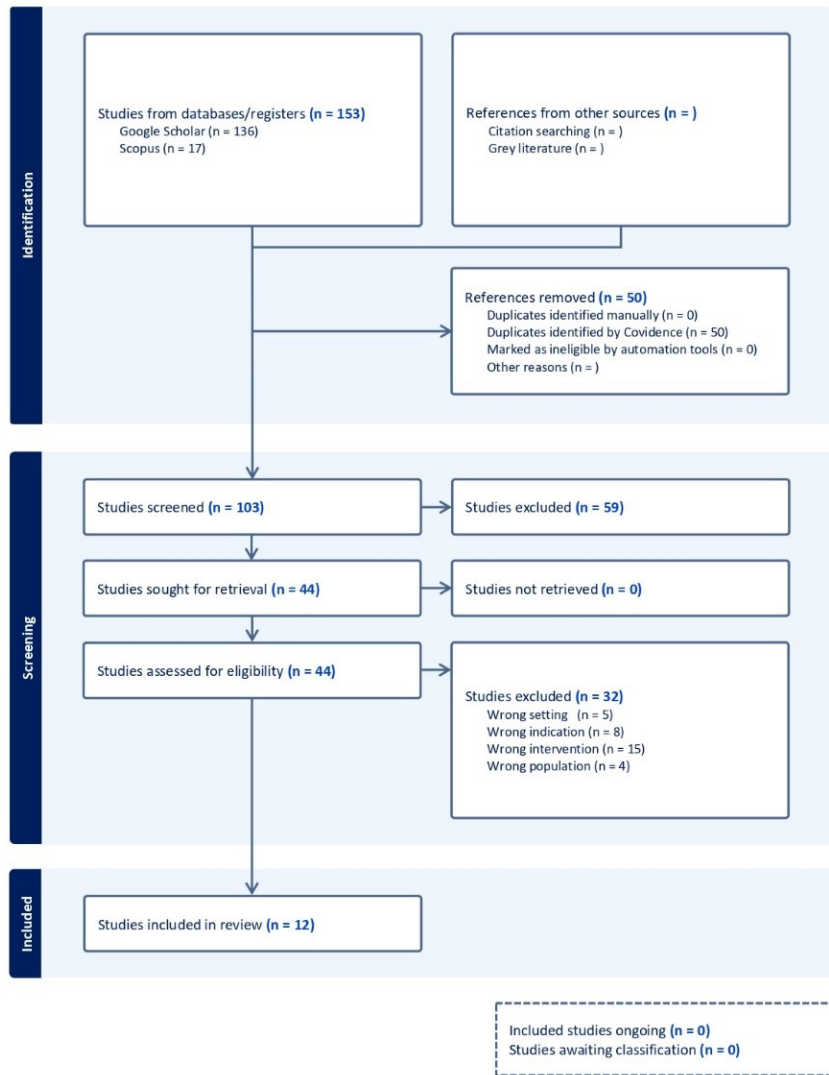


Fig. 1. PRISMA processing on the covidence website

4. Stage four: Qualitative analysis and synthesis

In the fourth stage, a qualitative analysis and synthesis of the selected articles was conducted by comparing each selected article. The analysis process is carried out using meta-synthesis, which is a qualitative systematic review that involves the identification, evaluation, and interpretation of similar research results to answer research questions or address specific phenomena of interest (Krisnawati & Sampoerno, 2022). Meta synthesis can be used to summarize qualitative research findings and develop new insights or understandings. The process involves identifying, analyzing, and interpreting data from several studies to generate new knowledge and insights, then synthesizing the sources of information obtained.

5. Stage five: Quality control

Quality control is carried out to review the relevant literature in the research and the results of the analysis of the literature presented in the discussion and conclusions. In this case, the article must meet the quality or quality criteria determined based on the research questions. The quality assessment was asked with the following questions:

- a. QA-1: Is the data search based on the keywords cyber counseling , online counseling, and Merdeka Belajar curriculum?
QA-1 is carried out through the Publish or Perish application with results that have met the criteria for all the keywords submitted. Assessment automation is carried out to speed up and simplify processing effectively and efficiently.
- b. QA-2: Is there a connection between the title or abstract and the research topic?
QA-2 is done by manually selecting the relevance of the title and abstract to the research topic. This assessment resulted in n=59 journal articles that did not meet the criteria. So that the articles and journals that continued the screening process amounted to n = 44 journal articles. Next, a full quality assessment will be carried out on the article by reading all 44 articles. Then the selection of articles with criteria that are not accepted, with the result of n = 30, so that the articles that continue are n = 14 journal articles.
- c. QA-3: Are the articles or journals published in the range of 2017-2023?
Based on the figure 1, it can be said that the journal articles are accepted and will be reviewed to answer the research questions. The final results show that there are only n=12 journal articles that met the three quality assessments.

6. Stage six: Compiling the final report

In the last stage, the final writing is done. The researcher presents the analyzed data in a systematic and structured report, including conclusions supported by evidence from the reviewed literature.

RESULTS

Based on the process of searching and collecting data, the author then presents the analyzed data in a systematic and structured report. The Table 2 is a list of literature analyzed.

Table 2. Literature selection result

NO	Title	Author	Result
1	Online counseling as a form of e-counseling service	(Ifdil & Ardi, 2018)	Cyber counseling is effective when problems faced need to be resolved immediately without driving distance and time. Thus, the actualization of online counseling in the field of guidance and counseling is highly beneficial and expandable.
2	Conceptual review of cyber counseling services	(Petrus & Sudibyo, 2017)	Cyber counseling has emerged as a viable alternative in light of the advancements witnessed in contemporary society. Counselors must possess a distinct set of clinical abilities that surpass those required for traditional counseling services and be

			well-versed in the code of ethics specific to the implementation of cyber counseling services. Cyber counseling offers counselors and counsees financial and temporal advantages, as the counseling process is not constrained by space and time; it can be conducted at any time and in any location.
3	Utilization of cyber counseling in guidance and counseling services in schools	(Putri, 2023)	Cyber counseling services can be done with various online media such as WhatsApp, Skype, websites, email, Facebook, chat, and video conferencing. This cyber counseling service provides an opportunity for students who do not have the courage to express their problems directly and choose to convey them through chat or websites that have been created specifically for online counseling services.
4	Counseling service innovation in the Merdeka Belajar framework	(Nita et al., 2018)	In the face of technological transformation and policies towards Merdeka Belajar programs. Counselors need to have various innovations, especially in the implementation of counseling services. counselors need to design counseling service programs in the form of service media innovations from larynx to during, utilizing digital media and cyber words as 'friends', which can be used as comprehensive service media such as bringing up counseling services using positive animations, interactive videos, and facilitating cyber counseling that can be accessed anytime and anywhere by students.
5	Implementation of cyber counseling in the era of Society 5.0: A conceptual study	(Saputra et al., 2020)	One of the services in guidance and counseling that innovates in the times is cyber counseling, its development ranging from the use of email messages, social media, video conferences, applications to the development of special android applications. The use of cyber counseling provides convenience

			in the implementation of guidance and counseling programs so that it can be done anywhere and anytime or has a high level of flexibility in its implementation.
6	The use of online counseling media during the pandemic	(Habibah et al., 2021)	The most popular cyber counseling media for students is WhatsApp by using the chat feature. In using online media in the implementation of counseling, the time agreed upon by the teacher and the counselee is more flexible. This online counseling media is expected to help students in alleviating the problems faced during the learning process carried out online, and get information to develop the potential that exists in students both in the personal, social, learning and career fields.
7	Online counseling as an alternative counselor strategy in implementing e-counseling services in the industrial era 4.0	(Haryati, 2020)	Counselors need to carry out cyber counseling services because along with the development of increasingly modern technology which requires how counselors can provide counseling services without face to face counseling, so that they must create innovations in counseling guidance services which can then run effectively and as an alternative counseling service strategy, because it can be seen as far as current developments the need for counseling is greatly increased.
8	Optimizing the use of media and technology in online guidance and counseling services	(Faqih & Rahmawati, 2022)	Counselors need to optimize the use of media and technology in implementing online guidance and counseling. Through the media used in carrying out the guidance and counseling service process, it can help counselors in implementing online counseling services.
9	Counselor professional ethics in implementing 21st century	(Ayub & Marjo, 2022)	Cyber counseling is very important for counselors because along with the development of increasingly modern technology which requires how counselors can provide counseling services without face to face counseling,

	online counseling services		so they must create innovations in counseling guidance services that can run effectively and as an alternative counseling service strategy, because it can be seen as far as current developments the need for counseling is very increasing
10	The relevance of Merdeka Belajar curriculum with the 21st century learning model in the development of era Society 5.0	(Indarta et al., 2022)	In the era of Society 5.0, individuals must possess the capability to employ technology to resolve a wide range of problems and social dynamics. Implementing the Merdeka Belajar curriculum is a response to the all-encompassing transformation. The Merdeka Belajar curriculum necessitates shifting from traditional classroom-based learning to experiential learning. In this era, education also necessitates incorporating technology and knowledge for the betterment of students, who will eventually serve as human resources.
11	Cyber counseling as a counselor innovation to face disruption challenges in the era of Society 5.0	(Ayuni et al., 2021)	Cyber counseling can be an innovative solution for counselors to conduct counseling activities in the current era of accelerated technological advancements and the internet. Cyber counseling may emerge as a revolutionary concept in Society 5.0. This can be seen in the advantages of cyber counseling. In addition to being able to be carried out with different places, cyber counseling can also save time, this is because cyber counseling can also save time. This is because cyber counseling can be accessed by counselors and counselees anytime and anywhere according to the agreed appointment.
12	The role of guidance and counseling teachers in implementing Merdeka Belajar curriculum	(Fauziah & Ahmad, 2022)	In implementing the Merdeka Belajar curriculum, counseling teachers can optimize their role as agents of change, as prevention agents, as counselors/therapists, as consultants, as coordinators, as assessors and as career developers. The important role of

counseling teachers in implementing services using a variety of creative and innovative strategies and techniques meets the demands of students' personal, social, learning, and career aspects. One of the things that can be done is through the implementation of cyber counseling services.

DISCUSSION

Concept of cyber counseling in the Merdeka Belajar curriculum

Based on the analysis of several journal articles that discuss the concept of online counseling services or cyber counseling, the study results show that the term online counseling first appeared in 1970, starting with the word counseling which means the process of providing assistance to others and the word online which means a device connected to a network (Ifdil & Ardi, 2018). Cyber counseling can be broadly characterized as a professional counseling modality distinguished by geographically dispersed counselor-counselee dyads who primarily engage in communication through internet-based electronic media such as web platforms, email exchanges, chat sessions, videoconferencing functionalities, and other relevant technologies (Petrus & Sudiby, 2017).

Cyber counseling services are counseling services that are carried out without a meeting between the counselor and the counselee directly (face to face) but using internet assistance with the help of electronic media that can be done anywhere and anytime without any space and time restrictions (Putri, 2023). Cyber counseling is a technology that allows online communication between counselors and service participants using electronic media. Cyber counseling requires counselors to master IT skills, have supporting facilities and infrastructure, so that the online service process can be implemented (Nita et al., 2018).

Research conducted by Saputra et al. (2020) has the aim of examining Cyber Counseling which is a solution effort that counselors can make in providing services in the era of Society 5.0. Providing fundamental mental health and counseling services online is becoming an increasingly accessible and economical option (Wong, 2018).

Stages of cyber counseling

Table 3. Literature analysis of research question 2

No	Title	Analysis of RQ-2 : What are the stages of cyber counseling services?
1.	Online counseling as an alternative counselor strategy in implementing e-counseling services in the industrial era 4.0 (Haryati, 2020)	The stages of online counseling include stage I (preparation), covering the technical aspects of using hardware (The preparation stage covers the technical aspects of using hardware to support the implementation of online counseling. Stage II (counseling process) consists of five stages, namely

		<p>the delivery, assessment, interpretation, coaching and assessment stages and is continuous but in its implementation it is a "flexible continuum" which is interconnected and continuous according to the stage and is more open to modification, starting from the initial stage to the final stage. Stage III (post-counseling), counseling will be successful marked by the client's condition which is marked by the client's condition which is KES (effective daily living- EDL), Counseling will continue there is a Face to Face session-FtF), Counseling will continue in the next online counseling session and the client will be referred to another counselor or other experts.</p>
2	Utilization of cyber counseling in guidance and counseling services in schools (Putri, 2023).	<p>Stage 1: The preparation stage, at this stage there are 2 aspects, namely the technical aspects of using hardware and software that support the implementation of cyber counseling services.</p> <p>Stage 2: The process stage of guidance and counseling services, this stage is not much different from offline counseling services.</p> <p>Stage 3: The final stage, where the counselor closes the counseling activity by providing an evaluation related to the success of counseling and following up on the results of the counseling process.</p>
3	Optimizing the use of media and technology in online guidance and counseling services (Faqih & Rahmawati, 2022).	<p>When implementing Online guidance and counseling, it is mandatory to go through several terms, which are as follows:</p> <ol style="list-style-type: none"> a. The preparation stage, which contains technicalities on using hardware, namely a computer or laptop that will be connected using the internet. After that the counselor must prepare an evaluation as well as other things. b. The process stage, remote online guidance and counseling is not the same as using the face-to-face guidance and counseling process and completing client cases using a wide variety of techniques. c. The post-counseling stage, the thing to be evaluated according to this term is the condition of the counselee after the guidance and counseling, after which the guidance and counseling process will be carried out again

		using face-to-face and also online, and handover if needed.
4	Professional ethics of counselors in the implementation of 21st century online counseling services (Ayub & Marjo, 2022).	<p>The online counseling process is divided into 3 stages, namely:</p> <ol style="list-style-type: none"> a. The preparation stage includes technical aspects of using software and hardware, which support the implementation of online counseling. In addition, the readiness of counselors in terms of skills, academic eligibility, ethical and legal assessment, suitability of issues to be discussed, and governance. b. Phase II (counseling process); consists of five stages, namely the stage, delivery, assessment, interpretation, coaching and assessment but in the implementation of a "flexible continuum" which is interconnected and connected according to the stage and more and open to modification. Online counseling sessions emphasize the alleviation of client problems rather than the form of approach, technique and / or therapy used. c. Phase III (post-counseling); At this stage is a continuation of the previous stage where after the assessment is carried out, the first (1) counseling will be successful as indicated by the client's condition that is KSE (effective daily living-EDL) (2) counseling will continue there is a face-to-face session (3) counseling will continue in the next online counseling session and (4) the client will be referred to another counselor or other expert.

Based on the analysis in the Table 3, it can be concluded that the use of cyber counseling in guidance and counseling services in schools includes technical preparation of hardware and software. The stages that need to be considered are: First, the preparation stage which includes technical preparation of hardware, software, and evaluation. Second, the counseling process stage which consists of delivery, exploration, interpretation, coaching, and assessment. And the third stage, the post-counseling stage which is marked by the success of counseling with effective client conditions, followed by the next face-to-face or online counseling session, as well as possible referrals to other counselors or experts.

Implementation of cyber counseling services in Merdeka Belajar curriculum

In 2019, Nadiem Anwar Makarim, the Minister of Education and Culture, revolutionized Indonesian education with the launch of the Merdeka Belajar program, inspired by Ki Hajar Dewantara's vision, an education system that is directed to be more independent which will still adhere to the nation's cultural roots (Indarta et al., 2022). According to Nadia et al (2022), the Merdeka Belajar curriculum is a form of policy adjustment to restore the true essence of education.

Teachers of guidance and counseling in implementing an Merdeka Belajar curriculum is a challenge that requires them to provide services to meet the demands of the Merdeka Belajar program (Fauziah & Ahmad, 2022). The implementation of counseling services requires transformation and policy towards the Merdeka Belajar program. Teachers must have creativity and innovation that supports the implementation of counseling. Counseling teachers need readiness to achieve professionalism in facing the Merdeka Belajar curriculum so that implementation is well achieved and right on target for students.

Cyber counseling is one of the innovations in actualizing guidance and counseling services. In the context of Merdeka Belajar in the era of Society 5.0, the innovation of guidance and counseling services must certainly have a special novelty from the aspect of innovation in the Industrial Revolution 4.0 (Saputra et al., 2020). Cyber counseling has various application features to be implemented ranging from chat/text-based, videoconference-based and audio-based. This can help counselors in carrying out counseling according to the wishes or abilities of the counselee (Ayuni et al., 2021). Evaluation of its effectiveness can be done through online observation, interviews, self-assessment, and inventory. This model aims to help students achieve their goals, facilitate optimal service provision, improve counselor service skills, and maintain novelty.

The application of cyber counseling is not only used as a counseling service but can also be used to implement other services. By using cyber counseling, counseling teachers can improve their skills in using technology and communication and have an impact on the existence of guidance and counseling services in schools.

CONCLUSION

With the implementation of Merdeka Belajar curriculum in the era of Society 5.0, the implementation of online counseling services is a relevant strategic choice. The application of technology in the form of online counseling opens up new opportunities to increase the accessibility, flexibility, and efficiency of counseling services. However, what needs to be underlined is that the role of guidance and counseling teachers or counselors remains an important element in ensuring the success of the counseling process. Overall, the integration of online counseling services in the Merdeka Belajar curriculum in the era of Society 5.0 provides hope for forming graduates who are not only technologically skilled, but also qualified as adaptive and altruistic individuals in facing the dynamics of society and the world of work globally.

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