






Techniques in Group Counseling to Develop Student Career Maturity: Systematic Literature Review

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<p>Submitted: 2024-01-20</p> <p>Revised: 2024-02-11</p> <p>Accepted: 2024-03-01</p> <p>Keywords: counseling techniques; group counselling; student, career maturity</p> <p>Copyright holder: © Pranowo, T. A., Jana, P., Azman, M. N. A., Kassymova, G., Kurniawan, D. E., & Febrianto, A. (2024)</p> <p>This article is under: </p> <p>How to cite: Pranowo, T. A., Jana, P., Azman, M. N. A., Kassymova, G., Kurniawan, D. E., & Febrianto, A. (2024). Techniques in Group Counseling to Develop Student Career Maturity: Systematic Literature Review. <i>Bulletin of Counseling and Psychotherapy</i>, 6(1). https://doi.org/10.51214/00202406765000</p> <p>Published by: Kuras Institute</p> <p>E-ISSN: 2656-1050</p>	<p>ABSTRACT: This article presents an in-depth review of how group counseling, with an emphasis on mindfulness techniques and the impact of technology, plays a role in improving Student Career Maturity. Career maturity involves a deep understanding of career goals, the ability to manage challenges, and a willingness to continuously learn and develop. In this context, mindfulness techniques can be considered as an effective alternative tool for increasing career maturity. Mindfulness techniques have become a key element in this group counseling process. This research method uses Literature Study. The total number of articles used was 200 articles, divided according to the objectives of this research. Topics discussed, including group counseling, the use of technology in career development and student career maturity and obtained a total of 45 articles. Data extraction is carried out by preparing space to record information or sources. Data synthesis is carried out by summarizing and synthesizing these findings. The results obtained in this review, that the concept of career maturity can consider mindfulness techniques and the impact of technology in group counseling, and provide insight into how the integration of these two elements can provide real benefits in increasing students' career maturity. The development of information and communication technology has opened access to various sources of information and tools that can support the career counseling process. The use of online platforms, online resources, and technology-enabled counseling applications provides opportunities to provide more effective and affordable counseling services. In conclusion, group counseling with mindfulness techniques and the use of technology is a powerful tool in helping students develop their career maturity in this modern era.</p>
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INTRODUCTION

Career counseling is a crucial component in efforts to develop students' career maturity. Career counseling is a service that aims to assist individuals in managing their individual careers (Asrowi et al., 2021). Career Maturity Development or student career maturity is a very important aspect in education and individual development. It is important to support the development of students' career adaptability so that they can

feel more confident, future-oriented, and competent in planning their careers (Nota et al., 2016). This involves students understanding and preparing for their future career development.

Students who have good career maturity are better prepared to face future challenges. The development of students' Career Maturity is very important to help them face challenges in their career development, increase career exploration, and increase self-confidence in their careers (Guan et al., 2015). They tend to be more adaptive to changes in the ever-evolving world of work and have clearer plans for achieving their career goals. Career Maturity involves crystallizing and specifying their job preferences, as well as making early decisions about their career choices (Tang et al., 2008). Career counseling not only aims to provide direction in choosing a job, but also helps students develop a deeper self-understanding, identify interests and values, and plan concrete steps in achieving their career goals. In implementing career counseling in schools, practical considerations and student development need to be taken into account. In doing so, practitioners can meet group goals and support a variety of important career development outcomes (Falco & Shaheed, 2021).

The stages of career development include, 1) exploration, namely this process occurs every time a person wants to gather information to determine a new career direction, 2) establishment, namely a person decides that his chosen career fits his self-concept, and thus he wants to further establish himself in that career. , 3) maintenance, namely the active stage, is designed to prevent career stagnation by choosing to renew skills or innovate in the chosen career and 4) resignation, namely all good things, including careers, must come to an end. This may mean retirement or a second or even third career development (Capuzzi, 2016).

Counseling services in the educational environment have a vital role in helping students develop their career maturity. In implementing career counseling, it is important for counselors to have a deep understanding of relevant theories and methods and have multicultural, social justice and multilingual competence (Park-Taylor et al., 2019). School counselors, with their knowledge and skills, can guide students through the process of career exploration, identification of interests and talents, and planning steps toward a career that matches their potential. School counselors can also assist students in planning concrete steps to achieve their career goals, such as choosing the right educational program or seeking relevant work experience (Sharma et al., 2021). The role of professional school counselors in assisting students in their career development is recognized by educators (Studer & Salter, 2010).

Group counseling allows students to share experiences and ideas with their peers, creating an environment that supports career growth. Group counseling can be an effective method in helping students overcome difficulties in making career decisions (Duru, 2022). Research conducted by Silvanetri et al. (2022) The results of research conducted by xxx show that mindfulness counseling is effective in improving subjective well-being. In the study, the experimental group given mindfulness counseling showed an increase in subjective well-being of 43.4 points compared to the control group given lectures. The P value obtained was 0.0001, indicating that the difference was statistically significant between the two groups. This confirms that mindfulness counseling can be an effective intervention to improve subjective well-being, particularly among adolescents living in foster care, as demonstrated in the study population.

One approach that is gaining increasing attention is group counseling using mindfulness techniques. Mindfulness can provide several benefits to a person's career (Chiesa & Serretti, 2009). Mindfulness group counseling refers to an intervention that engages a group of individuals in self-awareness practices and exercises (Dalton & Estrada, 2023). In the context of group counseling, the concept of mindfulness techniques represents an approach that emphasizes self-awareness and acceptance of current experiences. The main focus of this technique is to help group members to be

fully present in the counseling moments without getting caught up in feelings of anxiety about the future or regrets about the past.

When combined with mindfulness techniques, group counseling can help students develop stress management skills, improve concentration, and develop a deeper understanding of themselves. Group counseling aims to help students in their career exploration, improve social skills, and build relationships with other group members ([Grant et al., 2021](#)). This can be a very effective tool in increasing student career maturity. Mindfulness refers to the practice of focusing attention intentionally on the present moment, without judgment or attachment to thoughts or emotions ([Levin et al., 2022](#)).

Counseling is an interactive process that has an important role in helping individuals face various challenges, overcome problems, and develop their potential. Counseling is a service provided by teachers or counselors to students to help them overcome personal, social or academic problems ([Rahim & Hulukati, 2021](#)). Counseling is the process of helping individuals overcome personal, emotional, or social problems through conversation and support from a trained counsellor ([Birol et al., 2020](#)). The aim of counseling is to help individuals or groups to achieve positive changes, improve quality of life, and develop personal potential ([Prasetiawan et al., 2023](#)).

Career maturity in students is very important as a basis for entering the world of work and achieving success in their careers. When students lack career maturity, the impact can affect various aspects of their lives. Without a clear understanding of career goals and the ability to manage challenges in the workplace, students may face difficulties in navigating their way toward a fulfilling career.

Counseling services in the educational environment have a vital role in helping students develop their career maturity. In implementing career counseling, it is important for counselors to have a deep understanding of relevant theories and methods and have multicultural, social justice and multilingual competence ([Park-Taylor et al., 2019](#)). In addition, the use of technology in providing counseling services has also changed the model of counseling services in the educational environment. The integration of technology in career interventions can empower individuals to make informed career choices and navigate the ever-changing world of work ([Lau et al., 2019](#)). Students can now access career resources online, take interest and aptitude tests online, and interact with their counselors through digital platforms. This brings a number of benefits, including wider access to counseling services. In utilizing technology for students, counselors can use a variety of tools and resources available.

One way that can be done is by using an online platform or application that allows counselors to communicate with students virtually ([Lilu Ram, 2019](#)). The main contribution in this research is group counseling using mindfulness techniques as a technique to increase student career maturity and the use of technology in counseling services to develop student career maturity. The main reason is to provide a more in-depth view of this. These findings reveal the great potential of this technique in strengthening the effectiveness of group counseling in increasing career maturity and new trends in the provision of counseling services that utilize advanced technology to improve the student experience. Research conducted by [Ardi et al. \(2022\)](#) shows that web-based career counseling can improve career decision-making abilities in prospective polytechnic students. These findings are consistent with previous research that found significant effects of online counseling on students' career development. In addition, these findings are also in line with research which found that after receiving online counseling, students scored higher on professional decision making compared to the control group.

This research creates novelty by integrating mindfulness techniques in group counseling sessions. This approach not only helps students recognize their interests and talents, but also

facilitates greater self-awareness of their career decisions. This research is expected to make a significant contribution to the literature on the development of student career maturity and provide a foundation for more effective group counseling approaches in educational contexts.

Career maturity is an important element in helping students make wise career decisions. This research will help add a more comprehensive view of the role of group counseling in developing student career maturity. This provides a strong foundation for the development of more effective and relevant group counseling strategies in helping students achieve success in their careers in the ever-changing modern era.

METHODS

Search Strategy

The author searched for articles through ERIC (Institute of Education Science) (Description: Group Counselling, Use of Technology in Career Development and Student Career Maturity) using relevant controlled vocabulary terms and key terms related to group counseling, the impact of technology in career maturity and career maturity student. The reference lists of all included articles were also manually searched to identify additional studies and recent and systematic narrative reviews related to group counseling, the impact of technology in career maturity and student maturity careers, to identify potentially relevant articles. The number of articles that will be taken is 200 articles, divided according to the objectives of this research.

Study Selection

The author identified relevant keywords related to the topics discussed, including group counseling, the use of technology in career development and student career maturity. The author conducted a search on ERIC (Institute of Education Science) to find literature that fits the theme.

Next, the author carries out initial screening by reviewing the title, abstract, and keywords, eliminating those that are clearly not relevant to the topic. The author carefully read articles that were found to be relevant to the role of counseling in developing students' career maturity.

The references or articles that have been found are then used as a basis for searching for additional or complementary articles. This process is usually called snowballing. Once relevant articles are identified, the author compiles a bibliography and organizes the found articles by different topics and subtopics. Throughout the article selection and synthesis process, the authors consistently considered the reliability and relevance of each source. Authors assess whether the research has sound methodology, whether the findings remain relevant, and how the results can be applied in a particular context. The articles that have been obtained will be selected according to the objectives of this research. The results of the selection were 45 articles selected that were in accordance with the theme of this article.

Data Extraction

Data extraction is carried out by preparing space to record information or sources. The author creates a template that contains columns such as the article title, author's name, year of publication, research methodology, main findings, and other relevant information related to the research.

The author focuses on important information related to the main findings relevant to group counseling, the impact of technology on student maturity and career maturity, the research methodology used, the research population, and the context in which the research was conducted. Next, the author categorizes the information based on certain topics or subtopics that are relevant to the research.

Sintesis Data

After the results have been extracted, data synthesis is then carried out. Data synthesis is carried out by summarizing and synthesizing these findings. Data synthesis was carried out by identifying risk of bias (Reflecting issues in the design and implementation of the study that could result in biased effect estimates), consistency (Reflecting the similarity of effect sizes seen across studies, consistency cannot be assessed if there is only 1 study available), openness (Reflecting the relationship between the intervention and the outcome of interest), and precision (Reflecting the level of certainty around the observed effect) between the studies examined and using this information to support arguments in the literature review, see figure 1.

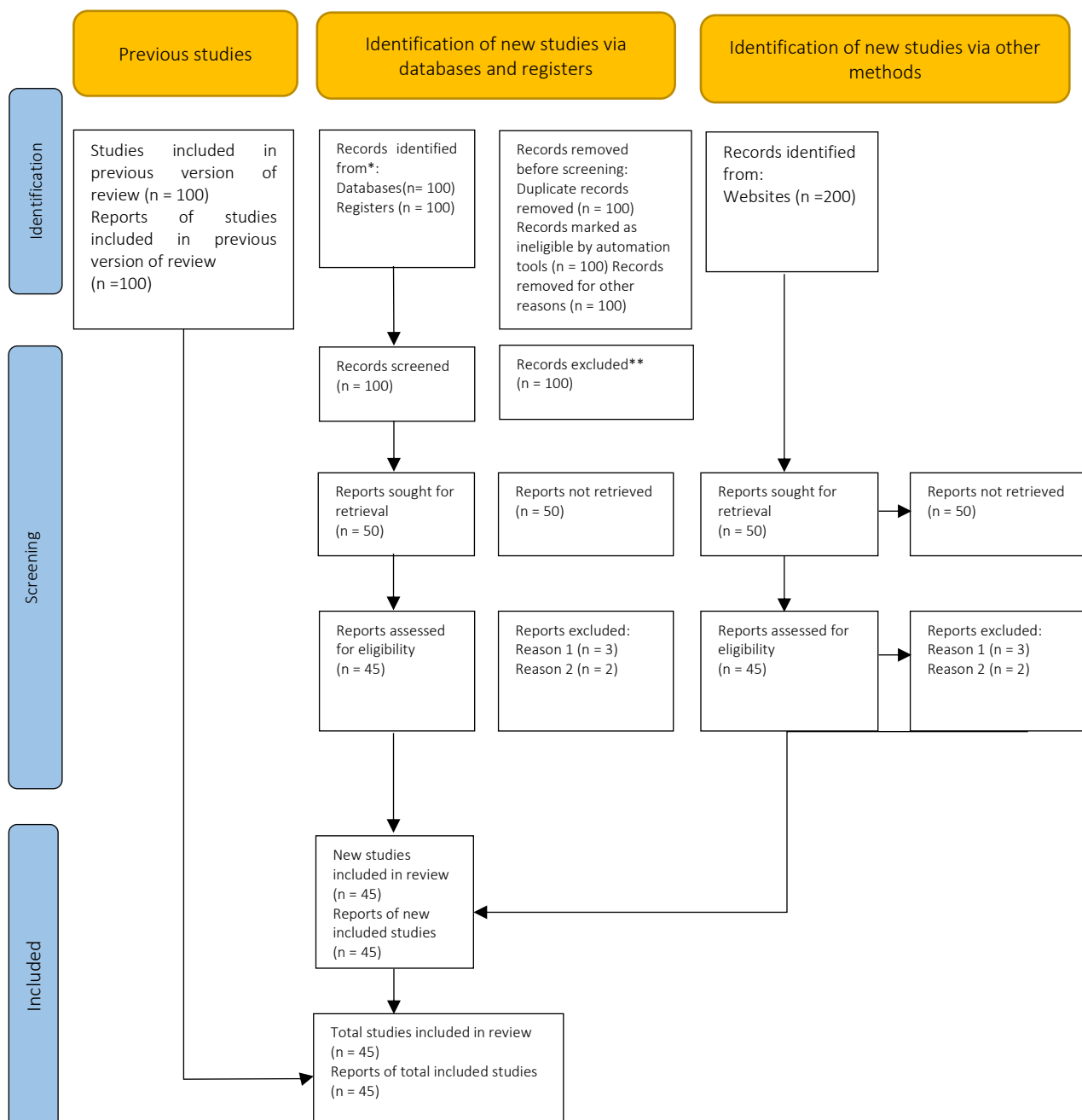


Figure 1. Flow diagram for a recent systematic review including searches of databases, registers, and other sources

RESULTS AND DISCUSSION

Results

This research revealed several significant findings related to group counseling on the development of students' Career Maturity, especially the use of mindfulness techniques and the use of technology on students' career maturity, which can be seen in the table 1.

Table 1. Article Findings

No.	Study	Author and Year	Literature Review
1.	Group Counseling Using Mindfulness Techniques as a Technique to Increase Student Career Maturity Interventions for Career Maturity	(Lau et al., 2019), (Duru, 2022), (Bae, 2017), (Behrendt et al., 2019), (Cardoso et al., 2022)	Group counseling can provide students with a supportive and safe environment to explore their career goals. In a group environment, students can share experiences and learn from others. This can help them to develop a better understanding of themselves and the world of work. Mindfulness techniques can help students focus on their career goals. Mindfulness techniques can help students to focus their attention on the present moment and to avoid distractions. This can help them to make better decisions about their career.
	Counseling Quality	(Parcover et al., 2017), (Zeilhofer, 2020), (Skelly & Estrada-Chichon, 2021), (Dalton & Estrada, 2023), (Taylor et al., 2022), (Jones & Finch, 2020), (Behrendt et al., 2019)	Mindfulness techniques can help counselors build stronger relationships with their clients. This is because mindfulness techniques can help counselors to be fully present and to understand their clients in more depth.
	Variations in Approach	(Darimis et al., 2022), (Dalton & Estrada, 2023), (Levin et al., 2022), (Newton & Ohrt, 2018), (Jones & Finch, 2020), (Kurth et al., 2020), (Ajayi et al., 2022), (Mallinson & Burns, 2018)	These studies show that group counseling using mindfulness techniques can be carried out in a variety of approaches. Some commonly used approaches include. Meditation-based approach: This approach focuses on teaching students mindfulness meditation techniques, such as mindfulness meditation and mindfulness meditation. Practice-based approach: This approach focuses on giving students opportunities to practice mindfulness techniques in real-world contexts, such as in career activities. Reflection-based approach: This approach focuses on helping students to reflect on their experiences and to gain a better understanding of themselves and of the world of work.

Activity Effects	(Newton & Ohrt, 2018), (Mercan & Öztemel, 2023), (Banat et al., 2020)	<p>These studies suggest that group counseling interventions using mindfulness techniques can have a positive effect on student career maturity, including:</p> <p>Increased self-awareness: Students become more aware of their strengths, weaknesses, values, and interests.</p> <p>Increased focus: Students become more focused on their career goals and to avoid distractions.</p> <p>Improved ability to manage emotions: Students become better able to manage their emotions effectively, such as stress, anxiety, and anger.</p> <p>Improved ability to make decisions: Students become better able to make informed decisions about their careers by considering all relevant factors.</p> <p>Increased ability to take action: Students become better able to take the necessary actions to achieve their career goals.</p>
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2. Use of Technology in Counseling Services on the Development of Students' Career Maturity		
Interventions for Career Maturity	(Lau et al., 2019), (Sarwendah et al., 2023), (Mallinson & Burns, 2018), (Santilli & Hartung, 2022), (Ifenthaler & Egloffstein, 2019)	<p>Based on these studies, I think that the use of technology in the implementation of counseling for student career maturity is a promising approach. This approach has several advantages, namely:</p> <p>Accessibility: Technology can help counselors reach students from various backgrounds and locations.</p> <p>Flexibility: Technology can give students the opportunity to learn and practice anywhere and at any time.</p> <p>Effectiveness: Studies show that interventions using technology can be effective in increasing student career maturity.</p>
Quality of Counseling in the Use of Technology	(Lau et al., 2019), (Edwin et al., 2022), (Margevica-Grinberga & Smitiņa, 2021), (Makhno et al., 2022), (Ifenthaler & Egloffstein, 2019)	<p>Technology can help counselors build stronger relationships with students. Counselors can use technology to connect with students one-on-one and to provide ongoing support.</p>
Variations in Counseling Approaches using Technology	(Pordelan et al., 2018), (Duru, 2022), (Hsu et al., 2021), (Atli, 2016), (Westman et al., 2021)	<p>Counselors need to understand how to use technology effectively to provide quality interventions. Counselors need to be able to use a variety of technology platforms and applications to provide interventions tailored to students' needs.</p>

Impact of technology	(Atli, 2016), (Behrendt et al., 2019), (Lim & You, 2017), (Hanley et al., 2022), (Zhang & Tu, 2023), (Patsia et al., 2021)	Technology has several positive impacts on the quality of counseling in the implementation of counseling for student career maturity, namely: Increase accessibility: Technology can help counselors reach students from various backgrounds and locations. This is important because not all students have access to traditional counseling. Increases flexibility: Technology can give students the opportunity to learn and practice anywhere and at any time. This can help students tailor counseling to their learning style and schedule. Increase effectiveness: Technology can be used to provide more personalized and effective interventions. This is because technology can collect data about students and use that data to develop appropriate interventions.
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Group counseling using mindfulness techniques is a promising approach to increasing student career maturity. This approach can help students to develop the skills they need to make good decisions and to take effective action in relation to the student's career. Mindfulness techniques can help clients to focus on their goals and to avoid distractions. This can help clients to make better decisions about student careers.

The use of technology in implementing counseling for student career maturity can have a positive effect. The studies in table 1 show that these interventions can help students to increase self-awareness, focus, and the ability to manage their emotions, all of which are important for making good decisions and for taking effective action in relation to students' careers.

The use of technology in the implementation of counseling for student career maturity is a promising approach. This approach can increase the accessibility, flexibility, and effectiveness of counseling. However, to improve the quality of counseling in the use of technology, counselors need to have adequate technology skills, interventions must be tailored to student needs, and interventions must be sustainable.

Discussion

Mindfulness Techniques into Group Counseling as a Technique to Increase Student Career Maturity

Career counseling can develop career maturity by providing structured guidance to individuals in the job search process. Career counselors must convey personal competence, self-confidence, and provide a structured process with clear and reasonable explanations, maintain eye contact, body tension, speak with dedication and a clear, confident voice, and organize the process with a clear common thread. with prospective explanations, visualizations, and summaries (Behrendt et al., 2019).

Career counseling increases job seekers' success in finding employment through an enhanced understanding of their capacities, competencies, and interests; strengthened motivation to make and pursue employment decisions; and facilitated implementation of their job search competencies (Behrendt et al., 2019). The concept of career maturity is an important aspect in career development and counseling. Career maturity refers to an individual's readiness to make informed and appropriate career decisions and tackle career development tasks accordingly (Cardoso et al., 2022).

Group counseling can be an effective method for increasing student career maturity (Lau et al., 2019). Group counseling can be an effective method for increasing student career maturity. In group counseling, students can interact with their peers and get guidance and support from school counselors (Duru, 2022).

Group counseling aims to help students in their career exploration, improve social skills, and build relationships with other group members (Newton & Ohrt, 2018). Group counseling can contribute to increased career maturity. Group counseling can help teens explore different career paths, make concrete plans, and choose a career that suits their interests and talents (Bae, 2017). One example of a group counseling intervention that can be used to increase career maturity is the Life-Design Group career development intervention proposed by Hahn (Jones & Finch, 2020).

Through group counseling, students can share experiences, get support from fellow students, and learn effective strategies for overcoming obstacles in their career development (Sharma et al., 2021). Career maturity in counseling is an important factor that influences the effectiveness of counselors in providing career guidance to students (Asrowi et al., 2021).

Group counseling can be an effective method in helping individuals achieve career maturity. In this context, career maturity refers to an individual's ability to make good career decisions and have a clear understanding of their career goals and interests (Mercan & Öztemel, 2023). The implementation of counseling for career maturity involves several parties, such as teachers, school principals, school psychologists, and parents (Ajayi et al., 2022).

Group counseling is a type of counseling service that targets a group of individuals seeking help for growth and better mental health. It is a process of mutual dynamic interaction based on the verbal exchange of feelings and thoughts (Banat et al., 2020).

Group counseling can improve an individual's career in several ways. First, group counseling can provide an opportunity for individuals to share experiences, knowledge and advice with other group members who have similar interests and career goals. Second, group counseling can provide emotional and motivational support to individuals in facing challenges and obstacles in career development, and Third, group counseling can provide opportunities for individuals to develop social and communication skills that are important in the world of work (Mallinson & Burns, 2018).

Group counseling can be carried out using a variety of techniques and approaches (Darimis et al., 2022). Implementation of mindfulness technique group counseling can be done by introducing various mindfulness practices both formally and informally (Dalton & Estrada, 2023). In the context of group counseling, mindfulness techniques involve learning how to attend to current experiences in a nonjudgmental and nonreactive manner (Levin et al., 2022).

In group counseling, mindfulness techniques are used as a complementary approach to individual-centered therapy approaches. Mindfulness techniques help group members develop self-awareness, accept their emotional experiences, and manage stress (Newton & Ohrt, 2018). Group counseling with mindfulness techniques is an effective approach to address increasingly complex needs, brief interventions with mindfulness techniques can reduce stress and improve mental well-being (Parcover et al., 2017).

Mindfulness techniques can be used in group counseling to help create a calmer environment and improve attention skills (Zeilhofer, 2020). Group counseling with mindfulness techniques can be an effective approach in supporting individuals with learning disorders in managing their emotions in a more positive and proactive way (Jones & Finch, 2020). Mindfulness techniques have been shown to have a positive effect on teenagers' mental health (Skelly & Estrada-Chichon, 2021). Mindfulness techniques can improve a person's ability to cope with stress by developing a presence in the moment and the ability to respond wisely to stressors (Taylor et al., 2022).

In group counseling, mindfulness techniques may involve breathing exercises, body focus, or meditation that help participants distract from distracting thoughts and increase engagement in the present experience (Kurth et al., 2020). Some commonly used mindfulness techniques include conscious breathing, conscious living, conscious eating, and conscious movement (Schwind et al., 2021). Each student is unique and may require a different approach to their maturity career development. Therefore, a flexible and individualized approach may be most effective (Bae, 2017).

The Effect of Using Technology in Providing Counseling Services on Students' Career Maturity Development

Technology has played an important role in students' education and career development. In the 21st century, the use of technological devices such as cell phones, iPads, laptops, computers, and tablets has become common among students (Wells, 2021).

Technology can help students understand and explore the various career options available. For example, through the use of the internet and social media, students can find information about various professions, educational requirements and necessary skills, and long-term career prospects (Lau et al., 2019). Advances in information retrieval capabilities have changed the steps in obtaining information from all sources to improve personal communication (Pordelan et al., 2018).

Career maturity is a person's ability to make the right career choices based on their knowledge and understanding of various professions and jobs (Atli, 2016). In this technological era, having the knowledge and skills necessary to adapt to technological changes can help someone achieve career maturity (Atli, 2016).

Technology has played an important role in shaping the world of work and careers. With the advancement of technology, many new jobs have been created, while some others have changed or even become obsolete (Behrendt et al., 2019). Technology can be used to provide career guidance and counseling, help students understand themselves and the work environment, and provide information about various career options (Lim & You, 2017).

Technology has played an important role in improving the quality of counseling. With technology, counselors can reach more individuals and provide more efficient and effective services (Lau et al., 2019). Technology can be used as an intervention tool to increase student career maturity. For example, technology can be used to provide relevant and up-to-date career information, assist students in the career decision-making process, and provide opportunities for virtual career exploration (Duru, 2022).

Career counselors can use technology to provide career development interventions, such as virtual career fairs and online classroom-based lessons. This technology can help students gain information about the world of work and careers that may not be easily available in their communities (Edwin et al., 2022).

Technology can also be used to provide access to information about the job market and different career opportunities. This can help individuals make better and more informed career decisions (Hsu et al., 2021). Technology can be used in the implementation of counseling to create an interactive learning environment and increase learning effectiveness (Makhno et al., 2022). The use of technology in learning has become synonymous with 21st century learning and has encouraged the development of more varied and innovative learning models (Sarwendah et al., 2023).

The use of technology in the modern job search not only facilitates access to the vast amount of job information available through online job boards, but also helps in creating a target list of employers based on specific job/internship interests and/or dream employers (Mallinson & Burns, 2018).

Technology can also be used in career counseling to help individuals understand their interests and strengths through online assessment tests (Santilli & Hartung, 2022). In this digital era, knowledge and skills in various technologies and digital tools have become essential for advancement in many career fields. For example, an understanding of applications, digital learning, cloud, and cybersecurity can provide a competitive advantage in the job market (Ifenthaler & Egloffstein, 2019). Technology can also help in preparing individuals for future careers. For example, programs like ACTION use technology to provide advanced STEM educational opportunities to students, which in turn can help them prepare for careers in these fields (Hanley et al., 2022).

Technology can influence career maturity in a variety of ways. For example, technology can provide access to online training and education, allow for virtual networking and collaboration, and create new jobs in high-tech fields (Zhang & Tu, 2023).

Technology opens up many opportunities, but there are also challenges. There needs to be an increase in skills and knowledge to remain relevant in a world of work that is increasingly dominated by technology (Patsia et al., 2021). According to Barnes and Watts (in Margevica-Grinberga & Smitiņa, 2021) about 77% of specialists use digital tools to organize the consultation process. Although career professionals generally value their skills highly, they still tend to use some of the most common resources and tools.

Technology can also facilitate communication and interaction between career counselors and their clients. For example, through the use of email, instant messaging applications, and video calling platforms, career counseling can be conducted online, allowing easier and more flexible access for clients (Ifenthaler & Egloffstein, 2019).

The use of technology in counseling also has several challenges. For example, privacy and confidentiality can be an issue, as electronic communications can be vulnerable to hacking or data leaks. Additionally, counselors may need to practice new skills to communicate effectively via technology, and some individuals may feel less comfortable or less connected with their counselor in an online format (Atli, 2016). Potential benefits of using technology in career counseling include increased accessibility, increased access to information, assessments, and networks, as well as decreased overall costs and increased cost effectiveness (Westman et al., 2021).

Implications

The implications of the results of this research include practical, academic and policy aspects that can shape the direction of action at various levels. The results of this research provide valuable insights into several aspects of student well-being and the education system as a whole.

In a practical context, this research shows that the development of a group counseling program with a focus on exploring career options and the integration of mindfulness techniques can be an effective strategy for increasing students' career maturity. This has positive implications for teachers and counselors, who may need to receive additional training to understand and apply these techniques.

For students, the results of this research have the potential to increase self-awareness regarding career choices, helping them identify interests, talents and personal values. With a better understanding of themselves, students can make career decisions that are more informed and aligned with their aspirations.

At the policy level, the findings of this research can influence the formation of educational policies, especially in integrating aspects of career maturity in the curriculum. This creates an opportunity to strengthen students' understanding of career options early on, preparing them for a smoother transition into the world of work.

Additionally, this study provides a foundation for further research in the area of student career maturity. By further exploring group counseling techniques and the role of mindfulness, future research can deepen our understanding of how to best support the development of career maturity among students.

Limitation and Strengths

The strength of this research lies in its innovative approach in integrating group counseling techniques with a focus on exploring career options. The use of mindfulness techniques provides an additional dimension that can increase students' self-awareness, allowing them to better connect with personal interests and values. Careful implementation and collaboration with counseling experts and teachers strengthens the quality of the intervention, providing a practical basis for the development of group counseling programs at the school level.

In addition, the strength of this study lies in its holistic approach in measuring the impact of the intervention. Combining questionnaires, interviews, and participant observation provides a more complete picture of changes in students' career maturity. The research results can provide concrete and useful practical guidance for teachers, counselors, and policy makers in increasing the effectiveness of group counseling programs.

However, this research also has limitations. First, the generalizability of the results may be limited to the specific context in which the research was conducted. Variability in student characteristics, school curriculum, and support resources may influence outcomes. Second, measuring career maturity which tends to be subjective can be a challenge, although efforts have been made to reduce it through a combination of data collection methods. Additionally, although this study explored group counseling techniques, other variables that may influence students' career maturity may not have been fully considered.

CONCLUSION

The results obtained reveal that career counseling has an important role in developing students' career maturity. By helping students to better understand themselves, available career options, and decision-making skills, career counseling helps them to become more career prepared. Thus, an effective career counseling approach can contribute to students' success and happiness in the world of work. Further research and practical implementation need to be carried out to optimize the benefits of career counseling in developing student career maturity.

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AUTHOR CONTRIBUTION STATEMENT

This research was successfully carried out thanks to the unique and valuable contributions of the two main researchers, namely TAP and PJ. TAP is responsible for in-depth data collection and analysis related to group counseling techniques applied to develop career maturity. With its expertise in research methodology, TAP succeeded in constructing a robust framework for literature analysis

and detailing key relevant concepts. Apart from that, TAP was actively involved in the interview and survey process which was the main basis for this research.

PJ made significant contributions in analyzing the research results and compiling the main findings. PJ also elaborated on the recommendations and practical implications of this research, ensuring that the results can be applied effectively in the context of education and counseling in the career field.

Through the synergy between TAP and PJ, this research was successful by bringing together the expertise of both and resulting in a substantial contribution to our understanding of effective group counseling strategies for developing career maturity.

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