
STUDY OF GUIDANCE AND COUNSELING FOR ELDERLY: A SYSTEMATIC LITERATURE REVIEW

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Abstract

This study aims to describe the results of research on: trends and tendencies in research on guidance and counseling for the elderly.

This study combines various perspectives to map and analyze the landscape of research on guidance and counseling for the elderly and uses 134 articles. This study was conducted in 2024 using the Scopus database as a data source. The data collection technique used was a systematic literature review to identify articles related to guidance and counseling for the elderly published in the last 10 years (2014-2024). Using the Scopus database, journals, citations, authors, and keywords were identified.

This study identifies annual research trends, lists influential articles, and reveals research trends on guidance and counseling for the elderly in the last 10 years. As an innovative feature of this study, this study categorizes the identified techniques, approaches, and subjects based on their contextual dependencies to explain their reciprocal relationships. It is hoped that this study can support decision makers and practitioners in developing strategies to implement sustainable guidance and counseling for the elderly.

Abstrak

Penelitian ini bertujuan untuk mendeskripsikan hasil penelitian tentang: tren dan kecenderungan dalam penelitian tentang bimbingan dan konseling bagi lansia.

Penelitian ini menggabungkan berbagai perspektif untuk memetakan dan menganalisis lanskap penelitian bimbingan dan konseling bagi lansia dan menggunakan 134 artikel. Penelitian ini dilakukan pada tahun 2024 dengan menggunakan basis data Scopus sebagai sumber data. Teknik pengumpulan data yang digunakan adalah telaah pustaka sistematis untuk mengidentifikasi artikel terkait bimbingan dan konseling bagi lansia yang dipublikasikan dalam 10 tahun terakhir (2014-2024). Dengan menggunakan basis data Scopus, jurnal, kutipan, penulis, dan kata kunci diidentifikasi.

Studi ini mengidentifikasi tren penelitian tahunan, mencantumkan artikel yang berpengaruh, dan mengungkap tren penelitian tentang bimbingan dan konseling untuk lansia dalam 10 tahun terakhir. Sebagai fitur inovatif dari studi ini, studi ini mengkategorikan teknik, pendekatan, dan subjek yang diidentifikasi berdasarkan ketergantungan kontekstualnya untuk menjelaskan hubungan timbal baliknya. Diharapkan bahwa studi ini dapat mendukung para pengambil keputusan dan praktisi dalam mengembangkan strategi untuk menerapkan bimbingan dan konseling berkelanjutan untuk lansia.

Introduction

There is evidence that as a group, older adults experience lower rates of mental health disorders than younger adults (Djajasaputra & Halim, 2019). For example, 15 percent of adults are reported to have a common mental disorder, whereas a prevalence of only 10 percent has been estimated for those aged between 60 and 74 years. Likewise, 16 percent of adults are estimated to suffer from neurotic disorders compared to 12 percent of those aged 60-74 years (Carmen, 2013). In terms of disorders, almost half of the studies presented depression as the main target problem, highlighting this condition as a major concern. In the elderly there is a problem that is less frequently studied, namely dementia and cognitive decline, followed by anxiety. Very few studies have evaluated the effects of counseling on depressive symptoms combined with several chronic disabling physical illnesses that are prevalent in later life. Further studies (Hill & Brett, 2005) do not target a single condition but rather address a range of issues related to old age or the general level of well-being in older people. Such studies often aim to investigate the role of guidance and counseling in maintaining and improving the quality of life of elderly people.

The final period in the individual development process is the elderly period which lasts from the age of sixty years and above. In this period many changes occur within the individual, especially physical changes which have an impact on the psychological condition of the elderly, for example with increasing age, hearing function and Vision has begun to decrease, so the elderly become irritable or more sensitive. If we analyze the regressive nature of this period, such as returning to the initial period in the individual development process, in this period the childish nature and wanting attention reappears, one of the factors is due to the increasing decline in body function, and a decrease in the productivity of the elderly in their work. It's because they are limited by conditions of strength or energy that no longer allow them to work like they did at a young age.

Indonesia currently has around 21 million elderly people or around 9.6% of the entire Indonesian population (UN World Population, 2012) Prospects. This shows that Indonesia has begun to enter the group of countries with an aging population. Projection results up to 2050 show that Indonesia's population will reach around 314 million people (BPS) and it is estimated that the total number of elderly people

will be 69.5 million people. The increasing number of elderly people will cause various problems and problems for families, communities and the elderly themselves (RI, 2013).

Various kinds of life problems faced by the elderly, both physically and psychosocially, will interact with each other (Jannah, 2015). In general, the physical condition of someone who has entered old age will experience a decline. This decline in the physical condition of the elderly will affect their psychological condition. The readiness of the elderly to face various multi-dimensional problems, namely physical, psychological, economic, social and spiritual, ideally the elderly are able to complete their developmental tasks. The life journey of an elderly individual, like other periods of development, will also be marked by developmental tasks that must be undertaken during their lifetime in accordance with societal and cultural norms.

After seeing the reality of these obstacles and challenges, it does not mean that the elderly do not have opportunities for empowerment and development that enable them to be independent, because like other individuals a person's potential does not stop at one dimension of problems, but continues in other dimensions as opportunities. There are several opportunities and assets that are very useful for an elderly, including having free time, being free from workload, having many colleagues and relations, and having a wealth of experience and wisdom (Demirdis & Celik, 2013).

If we analyze the regression to this period as if returning to the early period in the individual development process, in this period the childish nature and wanting to be noticed reappear, one of the factors is because of the decreasing body function, and the decrease in the productivity of the elderly in working, because it is limited by the condition of energy or strength that no longer allows them to work as they did at a young age. Therefore, appropriate guidance and counseling are needed to help the elderly in dealing with the changes that occur in themselves.

In evaluating the use of guidance and counseling with older people, the review has three central dimensions. The first is the issue of effectiveness, which discusses whether guidance and counseling works well with elderly people according to its purpose. Second is the issue of appropriateness, which concerns the impact of guidance and counseling on parents and whether

they find it acceptable as a treatment. Therefore, whether guidance and counseling have an impact and the treatment preferences of older people is a relevant consideration here. The third dimension is feasibility which is mainly related to providing guidance and counseling to elderly people (Hill & Brett, 2005). Issues relating to the provision of resource services, counselor training needs and the impact of undertaking this type of work on individual counselors and organizations are all relevant. The underlying premise is that for guidance and counseling to be considered a successful intervention for older people it must not only be effective but also must be acceptable to older people and not have significant barriers to its delivery.

The multi-dimensional focus of the review (Hill & Brett, 2005) has implications for the types of studies included and the hierarchy of evidence adopted. Systematic reviews and well-conducted randomized controlled trials are seen as providing the best evidence of efficacy. But because concordance is primarily concerned with the client's perspective, good evidence can be provided by various types of studies, such as qualitative studies that investigate clients' experiences in counseling and descriptive studies such as surveys that are an effective method for discerning people's opinions. Descriptive and qualitative approaches may prove of equal value when investigating the appropriateness of counseling as an intervention with parents. Therefore, this review seeks not only to systematically find, assess and synthesize evidence from scientific studies to obtain a reliable picture, as defined by the NHS Center for Reviews and Dissemination (1996) but also, like other systematic reviews that focus on interventions social rather than clinical (Dewi et al., 2018), to adopt an inclusive approach to study types and incorporate quantitative, qualitative and mixed methods designs. The reason is to find as much relevant research as possible and include a variety of perspectives. However, obtaining study inclusion requires a clearly articulated and replicable study design, consisting of systematic data collection and rigorous analysis methods.

Further study (Hill & Brett, 2005) did not target one condition, but rather discussed various issues related to old age or general well-being in the elderly. Such studies often aim to investigate the role of guidance and counseling in maintaining and improving the quality of life of the elderly. This is important considering the increasing number of elderly people in Indonesia

which is estimated to reach 69.5 million people by 2050. Thus, this study is expected to provide insight and recommendations regarding the use of effective, appropriate, and feasible guidance and counseling for the elderly in Indonesia.

Therefore, based on the background description of the problems of the elderly, this research is aimed at describing trends in research studies regarding guidance and counseling for the elderly. This study proposes more in-depth bibliometric research regarding the study of guidance and counseling for the elderly, because without this kind of study it will be difficult to identify the driving factors for implementing guidance and counseling services for the elderly and to design relevant steps or approaches to the services that will be provided to elderly. It is hoped that this literature review on guidance and counseling for the elderly can provide a conceptual-theoretical basis that underlies further research studies regarding research that examines guidance and counseling for the elderly. The research question in this article is, how has guidance and counseling been studied for elderly people in the last 10 years?

Literatur Review

Scientific studies of elderly people have described the developmental tasks of elderly people (Untari et al., 2019). According to Kuniano (Kuniano, 2015), the development of the elderly also has developmental tasks that must be carried out by individuals who reach old age. Seven developmental tasks throughout life that must be carried out by the elderly, namely: Adjustment to decreased physical and psychological abilities; Adjustments to pensions and reductions in income; Finding the meaning of life; Maintaining satisfactory living arrangements; Finding satisfaction in family life; Adjustment to the reality of death; Accepting oneself as an elderly person. The developmental tasks of the elderly are as follows: Preparing oneself for declining conditions; Prepare for retirement; Form good relationships with people his own age; Preparing for a new life; Make adjustments to social/community life in a relaxed manner; Preparing himself for his death and the death of his partner.

Elderly people expect holistic health information assistance, medical and psychosocial counseling to get appropriate and relevant services for the conditions facing them (Babac et al., 2018), as well as elderly people with disabilities who really need health counseling services to fulfill food needs that suits him (Lee

et al., 2022). Guidance and counseling services can also be provided via mobile phone to make it easier for seniors to get information (Shi et al., 2023; Zheng et al., 2019), and to help maintain the mental health of seniors (Caballeria et al., 2022; Rangaswamy et al., 2022).

The elderly really need physiological index checks, routine physical examinations, free expert consultations, follow-up at home, creating and maintaining health records, health consultations, preventive health education, treatment guidance, rehabilitation guidance, health lectures, home-based treatment, emergency care, bedside care, help seeking treatment, and administering medication, routine physical examinations are the most needed, and emergency care is the most relied upon (K. Turunen, Salpakoski, et al., 2017). The other six (hospital care, psychological counseling, rental services, remote medical care, health insurance services, and health care policy publicity) have different attributes (Dai et al., 2021). It is very necessary to provide appropriate assessments for the elderly to obtain relevant service activities according to their needs (Glitsch & Knuth, 2016), this is very useful when the elderly receive counseling services so that the elderly can increase their self-efficacy (Kunsmann-Leutiger et al., 2021).

Leadership and peer counseling programs for the elderly can be carried out in training and conducting regular peer counseling home visits with the aim of improving the welfare of the elderly (Carandang et al., 2019). Education, guidance and counseling are needed by the elderly to support their health (Ostertag et al., 2022). Care and protection services required; guidance and counseling; recreational activities; medical treatment; physiotherapy so that elderly people can live peacefully and enjoy a better quality of life (Hasbollah et al., 2018).

Elderly people who want to continue working for reasons related to financial security, health service guarantees, and personal satisfaction. Such elderly people really need guidance and counseling services, training, and advocacy services in order to make it easier to work with relatively younger people from various cultures (Lytle et al., 2015). Providing mobility counseling by health service providers to the elderly is very necessary not only for elderly people in urban areas, but must also reach elderly people in rural areas as well (Huseth-Zosel et al., 2016).

Counseling for elderly people who have chronic illnesses requires psychosocial support

from family counseling services at the organizing institution and in the community which is very much needed (Trevillion et al., 2015). After a period of medical recovery, elderly people are expected to be able to attend further counseling sessions to increase the potential for healing (Crawley et al., 2018; Dashti et al., 2015), perioperative counseling needs to be carried out for elderly people who experience post-operative complications (Forsmo et al., 2015). 2018). Health counseling sessions can be initiated in collaboration with a geriatrician and last approximately 30 minutes. Health counseling begins with recommendations regarding physical activity, followed by nutritional counseling, and advice on additional topics, such as preventive care (Herghelegiu et al., 2020).

A home-based counseling and rehabilitation program tailored to increase physical activity and improve mobility among community-dwelling older adults following hospitalization (K. Turunen, Aaltonen, et al., 2017). Guidance and counseling services really need to be provided to accompany elderly people who are undergoing and after undergoing a rehabilitation program (Xu et al., 2020), supported by good family and social encouragement will help the elderly's healing process (Bäckström et al., 2013).

Behavioral counseling is needed by the elderly to modify the daily energy balance required through diet and physical activity (Ikeda et al., 2018). Effective nutritional and exercise counseling and cognitive training can also help elderly people to form a healthy lifestyle and reduce the risk of Alzheimer's disease (Hooper et al., 2020), and to ensure the quality of interventions and to make elderly people more independent, further counseling and assistance services are needed (Hooper et al., 2020). Sanchez et al., 2020).

Recommendations and support are provided by many professional organizations, genetic counseling services to be more beneficial for the elderly. Factors that facilitate the elderly's perception that will support the decision to participate in genetic counseling include awareness, education and good information about genetic counseling services, follow-up and guidance are very necessary for the relevance of the program that will be given to the elderly according to their needs (Kne et al., 2017). Interventions for the elderly consist of motivational interviews, goal achievement processes, safe walking guidance, progressive exercise programs at home, physical activity

counseling, and standard care (Salpakoski et al., 2014; K. M. Turunen et al., 2020).

Methods

This systematic review aimed to synthesize the existing literature on guidance and counseling for elderly beyond 10 years. The search was limited to peer-reviewed scientific papers published between 2013 and 2024 were explored in some studies. This systematic review followed the preferred reporting items for systematic reviews and meta-analysis guidelines. This systematic literature review method is based on Briner and Denyer et al (2019) and adheres to scientific procedures and transparency in order to minimize bias through a thorough evaluation of published works. Based on Briner and Denyer et al., the following five stages are suggested: (1) Review questions; (2) Locating the studies; (3) Critical appraisal; (4) Analysis and synthesis of the findings; (5) Dissemination of the findings.

Once all studies relevant to the review question have been collected and evaluated, the systematic review proceeds to analysis and synthesis. Analysis aims to examine and dissect each study and investigate the relationships between its components. In contrast, synthesis is the process of combining the findings from each study into a new or different structure and developing knowledge that is not apparent from reading the studies separately. This study utilized articles using bibliometric mapping, so the resulting data is visual data using mapping tools to gain a full perspective and topic relationships.

Due to its useful characteristics, this study chose VOSviewer version 1.6.18 over alternative visualization tools for analysis. Users can build co-occurrence networks, density and overlap visualization, clustering, and text mining analysis using its simple methodology. It also allows visualization of

dimensions that cannot be achieved with manual methods or legacy software. Using VOSviewer, text mining techniques generate co-occurrence keyword network maps extracted from the abstracts and content of selected research papers. Compared to other computer software tools, VOSviewer prioritizes graphical representation of bibliometric maps. In addition, large bibliometric maps can be easily displayed and understood. The result of this synthesis study is the identification of the implementation of guidance and counseling services for the elderly so far.

Review Questions

This literature review is guided by one primary question. What are the research trends regarding guidance and counseling for the elderly?

Locating the Studies

Before conducting the review and searching for relevant studies, set up a protocol that relies on and incorporates the review questions as necessary. The protocol ensures that the review is systematic, transparent, and feasible, all essential characteristics of systematic reviews. Based on the results of the evaluation of the review questions, deciding which database to utilize is a crucial query that will largely determine the search strategy. This study used the Scopus databases to ensure the accuracy of the data and reduce the possibility of neglecting important information on this topic.

Moreover, the final form of the search string includes the keywords “guidance”, “counseling”, and “elderly”. Each article uncovered must be subjected to inclusion and exclusion criteria to determine its relevance to the review. At this point, all studies regarded as relevant to the review question will be chosen. The comprehensive search protocol is detailed in Table.

Table 1. Research Protocol

Research Protocol	Description
Database	Scopus
Search Field	Title-Abstract-Keywords
Search string	“guidance” AND “counseling” AND “elderly”
Language	English-only
Publication type	Peer-reviewed journals and conference papers
Inclusion criteria	Papers that addressed the fields of guidance and counseling and elderly

Exclusion criteria	Papers that did not address topics related to the guidance and counseling and elderly synonymous concepts or did not report the pertinent perceived effect.
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Critical Appraisal

The critical evaluation of each study about the quality criteria established as part of the protocol for the systematic review is a crucial component of the systematic literature review. This enables the review's findings to describe the included studies's quality precisely. A list of 44 articles was chosen for thorough review. A snowballing strategy resulted in excluding 26 articles and adding 3 additional

articles (Figure 1). The final sample contained 30 articles. The search was performed in iterations. This iteration permitted the inclusion of newly published papers and ensured that the analysis continued without the risk of omitting pertinent articles. The newly inserted articles provided a new set of examples but did not affect the proposed results or framework. As a result, we find that the selected articles adequately address the proposed questions.

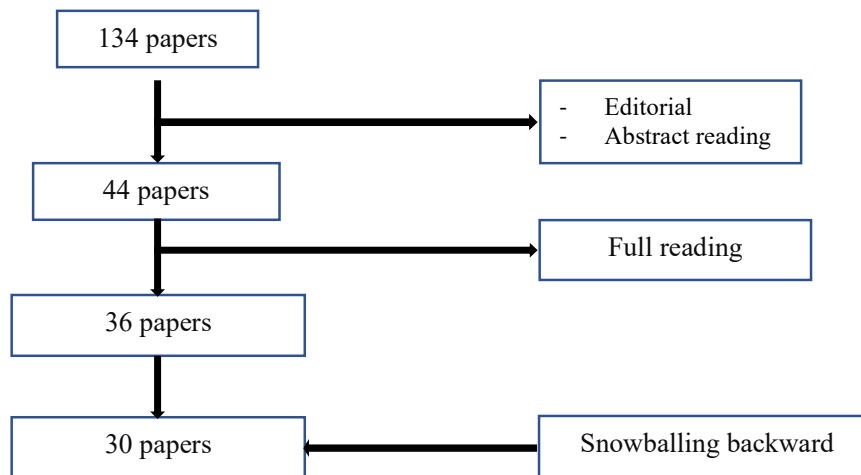


Figure 1. The result of data retrieved

Analysis and Synthesis of the Findings.

After all studies relevant to the review query have been gathered and evaluated, the systematic review proceeds to analysis and synthesis. The analysis aims to examine and dissect each study and investigate the relationships between its components. In contrast, synthesis is the process of combining the findings from each study into a new or distinct arrangement and developing knowledge that is not apparent from reading the studies separately. This study utilizes the articles using bibliometric mapping, such that the data produced are visual data using mapping tools to gain full perspective and topic relationships. Due to its useful characteristics, this study picked VOSviewer version 1.6.18 over alternative visualization tools for analysis. Users can construct co-occurrences network, density and

overlay visualizations, clustering, and text mining analyses using its simple methodologies. It also allows for visualization of dimensions not achievable with manual methods or old software. Using VOSviewer, the text mining technique generated a network map of co-occurrence keywords extracted from the abstracts and contents of the selected research papers. In comparison to other computer software tools, VOSviewer prioritizes the graphical representation of bibliometric maps. Furthermore, big bibliometric maps can be shown and comprehended with simplicity. The outcome of this synthesis study is the identification of the implementation of guidance and counseling services for the elderly so far.

Dissemination of the Findings

One of the main purposes of systematic literature reviews is to make research find- ings

more accessible to practitioners; the dissemination of review findings is essential to conducting systematic literature reviews, regardless of whether the practitioners are other researchers, organizational managers, or decision-makers. This study considers that publication in a scientific article is one of the most effective methods for disseminating the results of a systematic literature review.

Findings

In this section, the results of the bibliometric analysis are presented and discussed. Mendeley and VOSviewer were utilised to facilitate data processing. Specific software was also used to facilitate bibliometric analysis for this study. Bibliometric analysis is based on pertinent scientific publications/literature data. Essential data, such as identification sources (title of journal/literature, volume, and pages), author's name, institution's address, references, document type, title, keywords, abstract, and subject, can be used.

Cluster and Network Analysis of Guidance and Counseling and Elderly

When the mapping was completed, it was imprecise and did not demonstrate a strong correlation between Guidance and Counseling and Elderly due to the large number of keywords that also had a strong relationship. As stated previously, this may occur due to the fact that Guidance and Counseling is a broad term; thus, we divided it into four categories in Section 2.1. Consequently, it is possible that the relationship between guidance and counseling and the related

keywords obscures the clear relationship between guidance and counseling and the elderly. Therefore, we attempted to refine the mapping by limiting the keywords and adding exclusion criteria for papers that did not address concepts related to guidance and counseling and the elderly. The authors conducted bibliometric mapping using the comprehensive counting method of guidance and counseling and the elderly divided into database-stored keywords. To explain each keyword that appears in the selected articles, the authors set a minimum number of keyword occurrences to 1 to ensure that all 19 recorded keywords can appear in the bibliometric map, which produced six clusters (Figure 2).

Cluster 1 (red) consists of six items, with aged effect being the primary focus. Using system dynamics to identify the aged, both studies highlighted the effect of ownership, a unique property of counseling for elderly, on the dimension of sustainability. Adolescent, adult, aged, family counseling, female and humans are the subsequent keywords.

Cluster 2 (green) consists of six items, with counseling and elderly being the primary focus. Using system dynamics to identify the counseling and elderly, both studies highlighted the effect of ownership, a unique property of counseling for elderly. Aging, cognitive training, counseling, elderly, guidance, and health care are the subsequent keywords.

Cluster 3 (blue) consists of 2 items. Exercise and rehabilitation are the subsequent keywords.

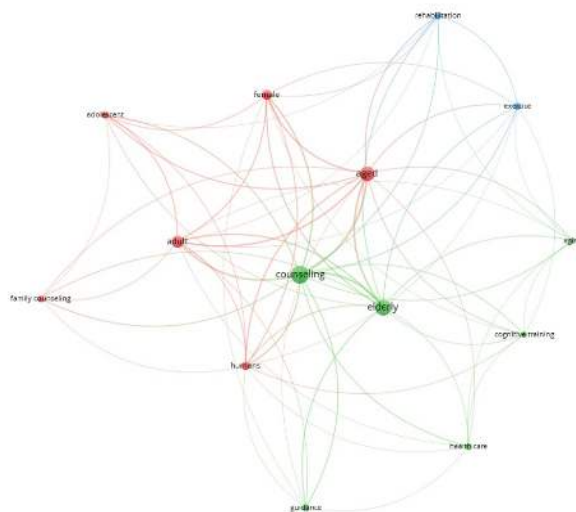


Figure 2. cluster and network data

Discussion

This section discusses and extracts important information from the selected and mapped publications on the guidance and counseling for elderly research to derive significant findings. This section also responds to the research questions.

Observations and Answers to the research question

RQ: What are the research trends regarding guidance and counseling for the elderly?

Scientific studies of elderly people have described the developmental tasks of elderly people (Hurlock, 2012; Erickson in Slavin, 2016). According to Hurlock (2012), the development of the elderly also has developmental tasks that must be carried out by individuals who reach old age. Seven developmental tasks throughout life that must be carried out by the elderly, namely: Adjustment to decreased physical and psychological abilities; Adjustments to pensions and reductions in income; Finding the meaning of life; Maintaining satisfactory living arrangements; Finding satisfaction in family life; Adjustment to the reality of death; Accepting himself as an elderly person.

Meanwhile, Erickson (Slavin, 2016) states that the readiness of the elderly to adapt to the developmental tasks of old age is influenced by the growth and development process at the previous stage. If the previous stage of growth and development carried out daily activities regularly and well and was able to build harmonious relationships with the people around him, automatically in old age he will continue to carry out the activities he usually did during the previous stage of development, such as sports, developing hobbies, farming and so on. The developmental tasks of the elderly are as follows: Prepare themselves for declining conditions; Prepare for retirement; Form good relationships with people his own age; Preparing for a new life; Make adjustments to social/community life in a relaxed manner; Preparing himself for his death and the death of his partner.

Erikson (Feist, 2014) believes that throughout the history of human life, every person experiences stages of development from infancy to old age. Lifelong development is faced with eight stages, each of which has a strength value that forms a positive character or vice versa, develops a weakness side so that negative character dominates a person's growth. Erikson called each of these stages a crisis or conflict which has a social and psychological

nature that is very significant for the continuity of development in the future.

After seeing the reality of these obstacles and challenges, it does not mean that the elderly do not have opportunities for empowerment and development that enable them to be independent, because like other individuals a person's potential does not stop at one dimension of problems, but continues in other dimensions as opportunities. There are several opportunities and capital that are very useful for an elderly person, including having free time, being free from workload, having many colleagues and contacts, and having a wealth of experience and wisdom.

Old age does not mean humans are no longer generative. Procreation in the narrow sense of fertilizing offspring may no longer exist, but elderly people can still be productive and creative in other ways. Old age can be a time for joy, play, and wonder, but it can also be a time for gloom, depression, and despair. The elderly person's psychosexual mode is generalized sensuality, his psychosocial crisis is integrity versus despair, and his basic strength is wisdom.

In evaluating the use of guidance and counseling with older people, the review has three central dimensions. The first is the issue of effectiveness, which discusses whether guidance and counseling works well with elderly people according to its purpose. Second is the issue of appropriateness, which concerns the impact of guidance and counseling on parents and whether they find it acceptable as a treatment. Therefore, whether guidance and counseling have an impact and the treatment preferences of older people is a relevant consideration here. The third dimension is feasibility which is mainly related to the provision of guidance and counseling services to elderly people. Issues relating to the provision of resource services, counselor training needs and the impact of undertaking this type of work on individual counselors and organizations are all relevant. The underlying premise is that for guidance and counseling to be considered a successful intervention for older people it must not only be effective but also must be acceptable to older people and not have significant barriers to its delivery.

Research Limitations

Despite the extensive analysis conducted in this study, it is necessary to acknowledge certain limitations. This bibliometric review was restricted to peer-reviewed journal articles accessible using scientific databases. Other sources, such as reports, book chapters, and grey literature, were excluded, which could have

caused the omission of pertinent studies and alternative perspectives of the guidance and counseling for elderly. Therefore, it is prudent to interpret the findings by recognizing that they pertain specifically to the surveyed literature and may not be universally applicable across the entire spectrum of research on this topic. VOSviewer software was used to visualise and analyse the relationship between keywords and to generate clusters. Although VOSviewer is a popular bibliometric analysis instrument, it has limitations. For example, the interpretation of keyword relationships and clustering was based on co-occurrence and frequency, which could not have captured nuanced associations or provided a thorough comprehension of the underlying research themes. Additional qualitative analysis or alternative approaches may be required to gain a more nuanced understanding of the relationship between keywords and research areas. In addition, meticulous consideration was given to the selection of pertinent publications and the application of inclusion criteria. We acknowledge the potential for subjectivity and bias to influence the selection process, but our rigorous methodology was designed to minimize such influence. The inclusion and exclusion criteria for relevant publications were meticulously devised to ensure a comprehensive coverage of the research landscape. It is crucial to note that our research methodology adheres to a rigorous structure that ensures its credibility and validity. In conclusion, there are some limitations to this study. To gain a complete understanding of the guidance and counseling for elderly, it is necessary to conduct additional research and analyses on these limitations.

Further Research Direction

Although significant points have been addressed in this research, some limitations must be considered in future studies. As shown by the mapping in Figure 3, other keywords from various concepts, such as approaches and techniques in guidance and counseling, are closely related to this concept.

Consequently, the scope of this investigation is limited to the guidance and counseling for the elderly. Although attempts have been made to identify guidance and counseling in other literature at the outset of this study, the objective was to determine the frequency with which the term guidance and counseling appears across various subject areas and categories. The study then attempted to synthesize information from keywords and inclusion and exclusion criteria to obtain specific

information on the relationship between guidance and counseling and the elderly, including identifying drivers and mitigation strategies.

Conclusions

Based on the results of studies on guidance and counseling for elderly people, both theoretically and research trends in the last 10 years, it is urgent to carry out further studies on elderly people in the context of the guidance and counseling profession. Some of the research opportunities that can be carried out are very broad. Additionally, the findings of this study have relevance for practitioners and decision makers outside the academic community. We recognize the need to turn our research into practical applications. Therefore, this research presents the following managerial applications: (1) guidance and counseling should consider adopting integrated strategies that combine economic, health, management, and engineering perspectives to overcome the challenges posed by changes in age and times; (2) decision makers can use identified mitigation strategies to determine their options, navigate the trade-offs inherent to each approach and adapt solutions to the specific context of older adults; (3) the visualization and grouping results of this research provide the basis for innovative approaches, such as the use of dynamic systems methodology to investigate the relationship between guidance and counseling in the elderly. In conclusion, this research contributes to a deeper understanding of the dynamic interaction between guidance and counseling in the elderly. By considering both academic and practical implications, it is hoped that this research will encourage sustainable practices and decision making in a rapidly changing landscape.

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