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Research Trends in Creative Arts of Career Counseling: A Bibliometric Analysis

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Research Trends in Creative Arts of Career Counseling: A Bibliometric Analysis

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Abstract: The objective of this study is to perform a bibliometric analysis of the current research trends related to the integration of creative arts in career counselling activities. This analysis will be carried out using the VOSviewer analytic tool and data obtained from the Scopus database. We have compiled the findings of a study conducted between 1972 and 2024, which consists of a total of 26 papers. Bibliometric approaches gather and analyse data from many scientific articles, journals, and conferences that are pertinent to this subject. The data reveals a substantial increase in research on creative arts in the field of career counselling in recent years. Key study areas encompass the utilisation of art as a means to comprehend personal interests and abilities, as well as the incorporation of art in the process of selecting professional choices. The findings of this analysis offer significant perspectives for career counselling professionals, researchers, and other interested parties in comprehending the present patterns in the utilisation of creative arts in career counselling endeavours. This study significantly enhances our comprehension of the arts' function in career guidance and can establish a basis for future research in this field.

Key Words: Career counseling; Creative arts; Research patterns; Collaboration networks; Bibliometric analysis

INTRODUCTION

Career choice is one vital decision in life, somebody. For many individuals, this process can be very complex, requiring a deep understanding of the interests, talents, and goals of their personalities. In this context, career counseling becomes a very important basis for helping individuals in achieving a successful and fulfilling career. Career counselors, in their role, often use various tools, including practices creative in the development of individual career plans. Recently, research has emphasized the role of art creativity in career counseling has become an increasingly important and interesting interest of researchers, practitioners, and stakeholders interest in this area (Brown & Lent, 2004; McMahan, 2005; Savickas, 2011) .

Initially, career counseling focused more on search work by matching characteristics of individuals with characteristics of jobs around him (Napitupulu, 2019) . However, along with walking time, career counseling practice has developed rapidly, with a lot of emerging theories, strategies, and models. However, research continues done to find the most effective and relevant approach to change the era. Interesting counseling techniques must Be developed, and various draft-related career needs to continue explored and enriched. Counseling is a purposeful profession that makes experienced

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individuals constructive, meaningful, and satisfying, both in prevention and repair. This reflects art with an emphasis on expression, structure, uniqueness, and its creative and original aspects. Creative arts in counseling include various forms of art, like art auditory, written, and visual. Sometimes, some form of art is combined in counseling sessions, such as drama and literature, or music and dance, because these arts are strong.

Arts integration creative in counseling has a history length that starts at the beginning 20th century. This approach emerged as a response to the limitations of traditional therapy speak traditional, which though effective for many people, does not always suit all clients. Influenced by works of psychologists beginning as Sigmund Freud and Carl Jung, who emphasized the importance thought lower awareness and meaning symbolic from dreams and images, the therapists began to explore forms of non-verbal expression as tool therapy. Over time, the use of art creative like drawing, painting, music, and drama is recognized as a powerful means to help individuals access emotions and experiences in depth that may be difficult to express through words alone. Using art creative in counseling helps individuals become more introspective and active in the therapeutic process, which in turn supports their further growth and development (Kennedy, 2008). Engagement in the arts creative during or outside counseling sessions can provide benefit significant for the individual. Art helps integrate and connect them with themselves, activating important processes, centralizing attention to goals, and increase self - confidence. In addition, art possible clients to see situations from different perspectives and helps them achieve change positive in their lives (Robbins & Pehrsson, 2009a).

Trend research about art creativity in career counseling gives important insights into the development and application of practices innovative in this discipline. Bibliometrics, as a method of analysis that focuses on quantification and evaluation publication, can help in exploring evolution and trends in such research. Therefore, this research will analyze in-depth bibliometrics to understand research developments regarding art creative in career counseling activities. Integrating art creativity in counseling sessions, including career counseling, is expected to make counseling sessions more interesting, helpful counselee engage more actively, and create impact significant positive impact on the effectiveness of the counseling carried out. In this section, the research will conduct an in-depth bibliometric analysis to understand developments and research trends related to creative arts in career counseling activities. Bibliometrics, as an analytical method focused on the quantification and evaluation of scientific publications, will be used to explore the evolution and trends in this research. Bibliometric analysis will enable the identification of key patterns, themes, and contributions within the discipline, providing important insights into the development and implementation of innovative practices. By integrating creative arts into counseling sessions, including career counseling, it is hoped that these sessions will become more interesting, help clients to be more actively involved, and provide a significant positive impact on the effectiveness of counseling

A counselling job include assisting individuals in addressing and resolving numerous elements of their lives, including family, work, personal difficulties, and leisure activities, in order to make informed decisions and plan their careers. (Zunker, 2006). This process covers various activities, including handling incompatibility work, reducing stress, managing problem mental health, as well increase skills, interpersonal skills, flexibility, and development programs that are improving independence self. In simple, a counseling career is a series of helpful actions individuals explore, choose, and plan careers based on existing interests and opportunities (Suzanne M. Dugger, 2016). With a support counselor career, individuals can make more decisions informed about their career and take step concrete For reaching an objective career.

The Urgency of Creative Arts in Career Counseling, in an era of increasingly complex and dynamic, approaches to traditional counseling careers often not Enough To fulfill need increasing number of clients. Creative arts have appeared as an innovative and effective method in counseling career, offering a richer and more meaningful way To explore a choice career. Creative arts Not only help individuals express self they in a way more profound but also help them overcome obstacles emotional and psychological possibilities that hinder the retrieval process decision career. Studies show that approach-based art can increase involvement in clients, strengthen their ability they To reflect, and facilitate planning more career-conscious and directed (Robbins & Pehrsson, 2009b). Importance review uses art creative in counseling career No Can underestimated, because matter This can open road for more approach holistic and deeply personal support individual reach objective career they. Creative arts

possibly integrate element emotional and cognitive in counseling, which in the end can produce impact significant positive impact on the effectiveness of the counseling process career That Alone.

Therapeutic art is an approach that utilizes the creative process in art To facilitate repair and restoration. Therapeutic art is considered a form of possible non-verbal communication individual For convey thoughts and feelings. Like type psychotherapy and counseling, art therapy can implemented in various contexts, including with children, adults, families, and groups. Approach This helps individuals from various groups age For create meaning, acquire insight, overcome excessive emotion or trauma, complete conflict, enrich life daily, and improve welfare (Malchiodi, 2016). In context, the usage of art creative in counseling career opens opportunities For more approach effective in helping individuals explore, understand, and plan careers. Creative arts possible individuals For dig potential they more in, express possible thoughts and feelings difficult expressed, as well create alternatives and solutions creative in context career. Approach This gives a more dimensions broad and holistic in supporting individuals in their journey career (Malchiodi, 2012b)

Study This becomes important Because the more the complex need individual in planning a career that doesn't always can resolved with method traditional. Creative arts offer method new and innovative For supporting individuals in understanding the self they own and their choice career. Additionally, the research aims To explore How art creativity can implemented in a way effective in counseling careers To increase involvement with clients, deepen reflection self, and produce more career-conscious and focused. Through studies, This is expected to approach new more inclusive and deeply personal counseling careers, that can have a impact significant positive on travel career individuals. The integration of creative arts in career counseling is a promising area of exploration and deserves further research. As the field of career counseling adapts to the changing demands of the modern world, the use of the creative arts offers a valuable tool for increasing client engagement, promoting self-exploration, and supporting meaningful career development.

This research contributes to this emerging discourse by providing a systematic analysis of the current state of research, identifying gaps, and suggesting directions for further research. Ultimately, this research emphasizes the importance of creative arts in enriching the career counseling process and helping individuals achieve more satisfying and successful career outcomes.

METHODS

This research uses bibliometric analysis methods to uncover research trends around art creativity in career counseling. This approach involves a series of important methodological steps, including research design, use of credible data sources, appropriate data collection techniques, as well as in-depth data analysis, all with the primary aim of investigating and understanding the development of scientific literature in the context of the arts creative in career counseling. This research is based on a bibliometric study, an approach that allows a thorough exploration of the scientific literature related to art creative in career counseling. This approach provides a robust overview of research developments and trends in the related literature.

In this research, a bibliometric analysis was carried out to reveal research trends related to creative arts in career counseling. This method includes a series of critical methodological steps, including research design, selection of credible data sources, appropriate data collection techniques, and in-depth data analysis, with the primary goal of investigating and understanding the development of scientific literature in the context of creative arts in career counseling. To organize these methods more clearly, this section is divided into the following subsections:

The eligibility criteria in this study include two main aspects, namely inclusion criteria and exclusion criteria. Inclusion criteria include articles published in journals indexed by Scopus between 1972 and 2023, with a focus on articles that discuss creative arts and career counseling specifically or that are relevant to these topics. Articles considered for inclusion had to be published in English and include empirical studies, literature reviews, or concept articles appropriate to the aims of this research. On the other hand, exclusion criteria included articles that were not relevant to the topic of creative arts in career counseling, publications that were not available in full text, or that did not have bibliometric

data that could be analyzed. In addition, articles published in languages other than English or that were not indexed by Scopus were also excluded from this study.

The data used in this research comes from a trusted source, namely the Scopus database. Scopus is one of the most respected data sources in the world of research, covering a wide range of scientific disciplines and hosting leading scientific publications. Literature searches were carried out online using keywords (arts AND career AND counseling). The publication period studied covers the period from 1972 to 2023. The analysis process involved examining keywords and article titles to group and identify research themes by utilizing data from Scopus. The search results yielded a total of 37 articles relevant to the arts in career counseling. To process this data, we utilized VOSviewer software to help visualize and identify trends (Salmi et al., 2017).

The data collected from Scopus was then analyzed in detail with the help of VOSviewer software. VOSviewer is a powerful bibliometric analysis tool, which allows the identification of research trends, mapping of collaboration networks between researchers, and visualization of key concepts that dominate the related literature. VOSviewer, a software developed by the Center for Science and Technology Studies, was used to create and analyze bibliometric networks. This tool allows for analyzing the distribution of publications by year and type, tracking developments over time and types of publications, identifying productive countries and universities, and understanding research areas currently underway. In addition, VOSviewer also facilitates the evaluation of various types of bibliometric network data, including identifying relationships between publications or journals through the use of citations, collaboration between academics, and linkages in terms of co-occurrences in scientific literature (Kousha & Thelwall, 2018; Strozzi et al., 2017).

The article selection process in this research was carried out through several stages to ensure the quality and relevance of the data. Each article found through the initial search strategy was screened based on title and abstract to determine its suitability to the inclusion criteria. Articles that meet these criteria are then fully assessed by two researchers independently to maintain objectivity in determining eligible articles. If there is a disagreement between researchers, the problem is resolved through discussion or by involving a third researcher as a mediator.

In the data analysis process, VOSviewer, software developed by the Center for Science and Technology Studies, was used to facilitate bibliometric analysis. VOSviewer helps in data visualization and identification of research trends, mapping collaboration networks between researchers, as well as visualizing key concepts in the literature. Data collected from Scopus was analyzed in depth using VOSviewer to group articles by year of publication, identify the most productive countries and universities, and map ongoing research areas. In addition, relationships between publications or journals through citations, collaboration between academics, and co-occurrence in scientific literature are also evaluated. With this method, it is hoped that the research will provide an in-depth understanding of the evolution of scientific literature related to creative arts in career counseling as well as offer valuable insights into recent research trends, which will ultimately help identify focus areas for future knowledge development.

It is hoped that the application of this method can provide a deep understanding of the evolution of scientific literature related to art creative in career counseling, and offers valuable insights into the latest research trends in this domain. Furthermore, this will also help in identifying relevant focus areas for future knowledge development.

RESULTS

The minimum number of connections between terms when using VOSviewer is set at 2. Upon conducting an analysis using VOSviewer, it was seen that there are four distinct clusters (red, green, blue, and yellow) that demonstrate the association between different topics. VOSviewer offers three distinct visualisations for bibliometric mapping: network visualisation (Figure 1), overlay visualisation (Figure 2), and density visualisation (Figure 3). Coloured circles are used to designate keywords. The size of the circle corresponds to the location that is effectively determined by the presence of keywords in the title and abstract.

The network visualisation depicts the connections and interactions among different elements in the dataset. Figure 1 assists in identifying significant patterns and structures by illustrating the links between different elements and demonstrating their interrelationships. This visualisation is essential for comprehending the comprehensive structure and dynamics of the data, offering valuable insights on the network's arrangement and the significance of different nodes.

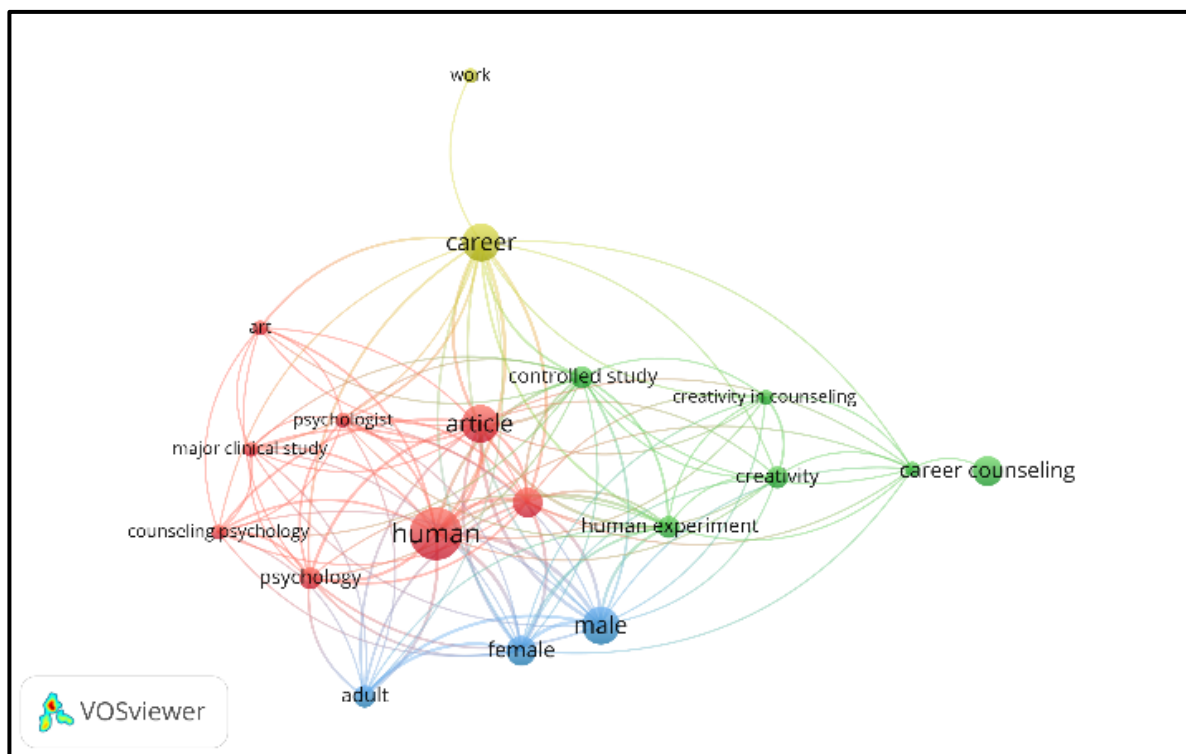


Figure 1. Visualization of topic areas using VOSviewer network visualization

Figure 1 displays the clusters within each topic area that were examined, illustrating the keywords that are grouped together within each cluster. The Table 1 displays the data for each cluster:

Table 1. Cluster results of bibliometric analysis

Clusters	Color	Items	Total
1	Ed	Art, article, counseling, counseling psychology, human, major clinical study, psychology, and psychology.	8
2	Green	Career counseling, controlled study, creativity, creativity in counseling, expressive arts, and human experiment.	6
3	Blue	Adult, female, and male.	3
4	Yellow	Career and work	2

Figure 2 presents an overlay visualisation that integrates numerous data layers to demonstrate the intersection and mutual influence of distinct factors. This technique enables a holistic perspective on the interplay of several components within the dataset. Figure 2 aids in the identification of intricate linkages and possible correlations that may not be evident when analysing individual data layers independently by representing these overlaps visually.

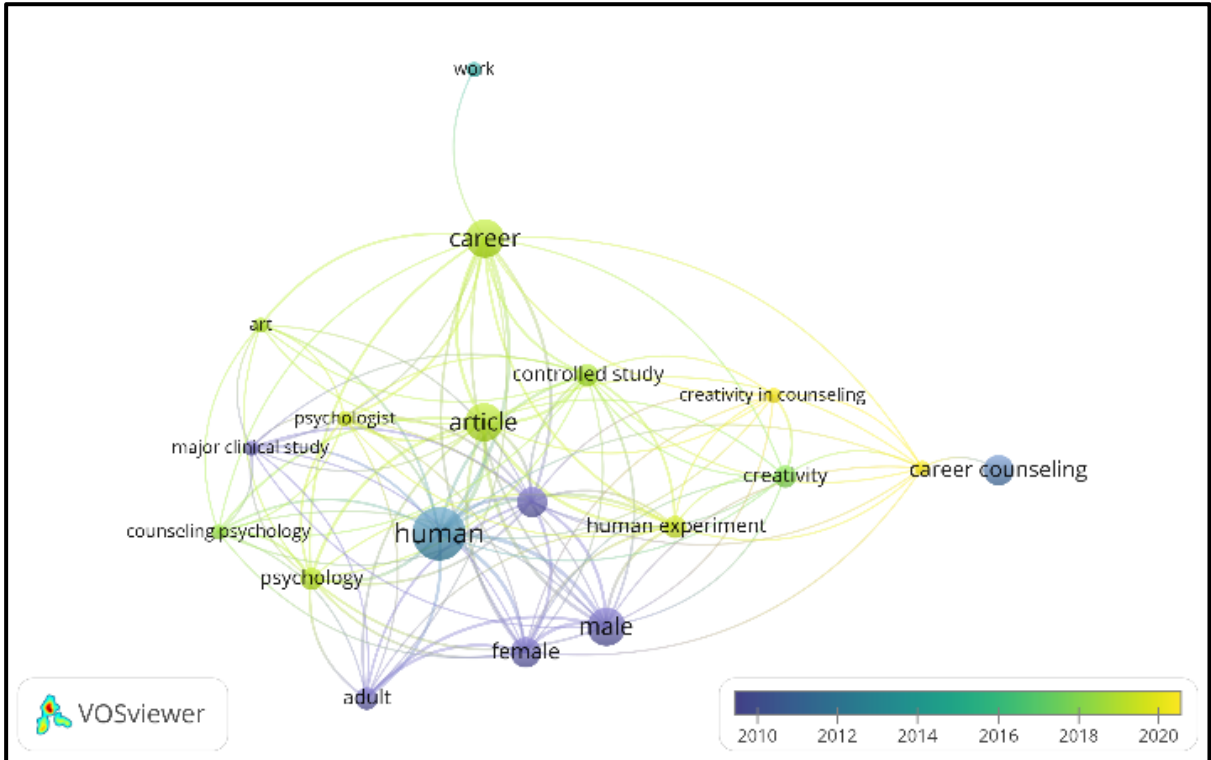


Figure 2. Topic area visualization using VOSviewer Overlay visualization

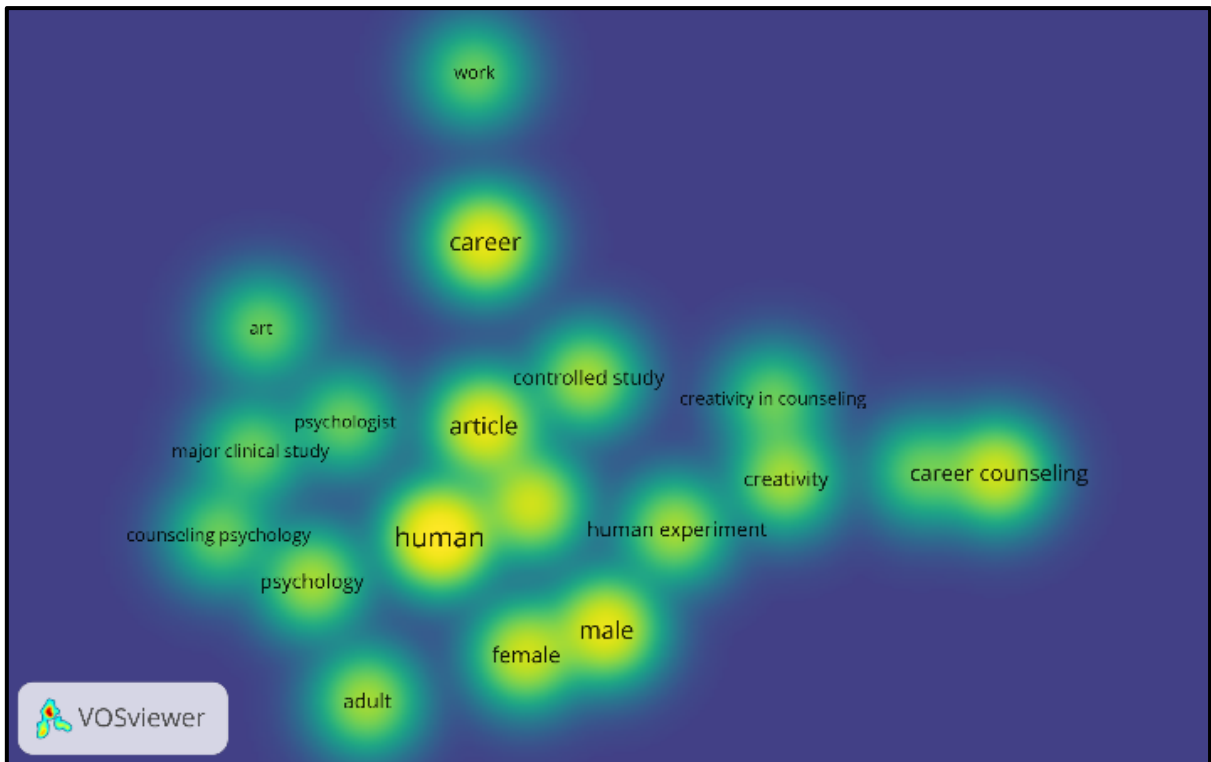


Figure 3. Visualization of topic areas using VOSviewer density visualization

Figure 3's density visualisation effectively showcases regions of significant concentration within the dataset. The technique uses colour gradients or shading to depict the density of data points in

various areas. Figure 3 also illustrates the extent of research conducted, with darker colours indicating a higher volume of research and lighter colours indicating a lower volume. The yellow region represents the most recent research trend, while the colour intensity grows as the years of study accumulate.

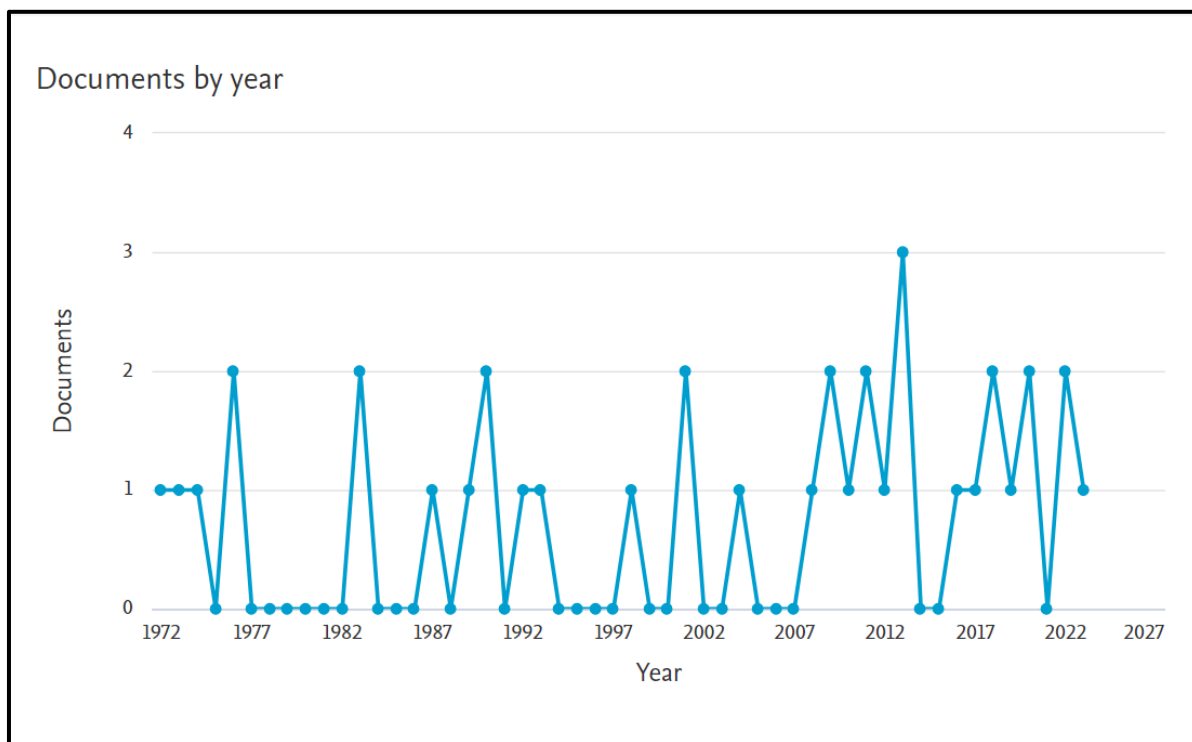


Figure 4 Articles about arts in career counseling have been published.

This visualisation is especially valuable for identifying clusters or hotspots, providing insights into the areas where specific occurrences are most widespread or significant. Figure 3 assists in the identification of trends and patterns about the concentration of data by emphasising data density. This presentation showcases the bibliometric mapping visualisation display. Moreover, Figure 4 illustrates the progression of research trends over time.

Figure 5 shown the country for the keyword " *arts in career counseling* ". There are 10 countries that have publications about *arts in career counseling*. These countries are the United States, Canada, France, Hong Kong, Malaysia, Romania, Saudi Arabia, South Korea, Switzerland and Taiwan. The United States is the country that publishes the most articles that discuss *arts in career counseling* (26 documents). However, Indonesia still doesn't have keyword research on this matter. This opportunity is related to research on *arts in career counseling*.

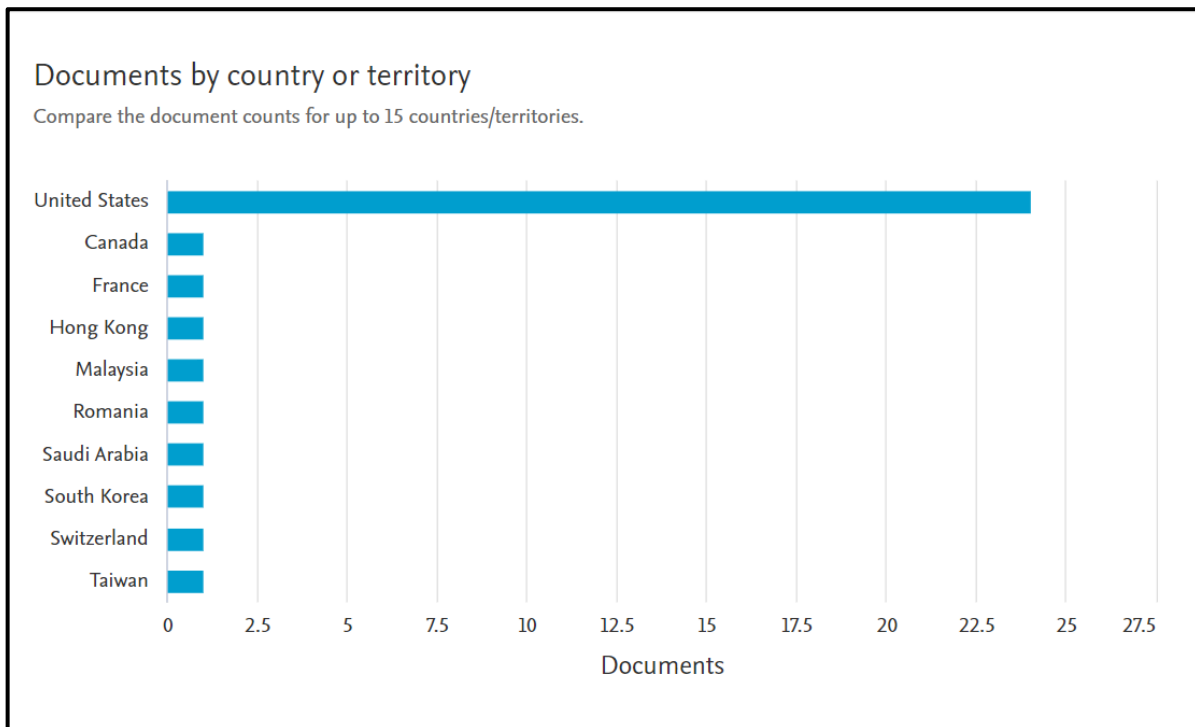


Figure 5. Top ten regional countries in terms of arts in career counseling

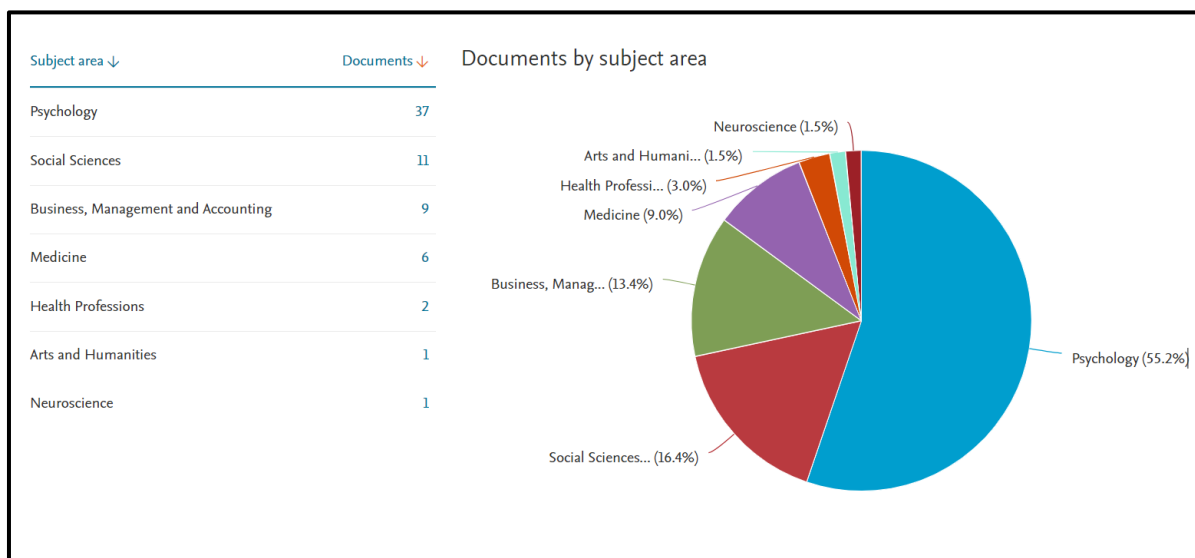


Figure 6. Visualization of subject areas from Scopus analysis

Based on Figure 6, research on *arts in career counseling* appears to be most dominant in the subject area of psychology, all articles related to this, then related to social sciences there are 11 articles, business, management, and accounting there are 9 articles, medicine 6, health professions 2, arts and human and neuroscience each 1 article.

DISCUSSION

Conducting research on the utilisation of art in career counselling in Indonesia is crucial as it can address knowledge gaps specific to the local context. While there is extensive research on the

integration of arts in counselling in Western nations, this area of study is currently lacking in the Indonesian context. Consequently, the use and influence of artistic methods in the field of career counselling in Indonesia have not been extensively investigated. By incorporating local viewpoints, this research has the potential to offer more pertinent and contextual insights, enhancing the international literature and counselling practice in Indonesia.

This research has the potential to enhance students' readiness for pursuing occupations in a more innovative and flexible manner. Utilising creative arts techniques enables students to delve into their interests and talents in a thorough and introspective manner, facilitating the identification of career possibilities that align more closely with their abilities and inclinations. Therefore, this research has the capacity to enhance career preparedness and assist individuals in developing more effective and targeted career strategies. This study demonstrates the significant potential of incorporating creative arts into career counselling, particularly within the Indonesian environment. Artistic methodologies, such as visual arts, journaling, and role-playing, provide a more thorough and contemplative approach to investigating job options.

The research findings indicate that engagement in creative arts can facilitate individuals in surmounting challenges, discerning more suitable vocational trajectories, and enhancing job preparedness by means of a more comprehensive and compassionate mode of self-expression. The outcomes of this study align with earlier research conducted in Western countries, indicating that creative arts have the potential to enhance introspection and self-understanding in the field of career counselling (Kramer, 2001; Malchiodi, 2012a). In Indonesia, these results provide new insights that are relevant and contextual, filling existing knowledge gaps in local career counseling practice. Applied arts techniques offer a valuable alternative to traditional methods, supporting a more diverse and inclusive approach (Gergen, 2022).

Art techniques allow individuals to express feelings and thoughts that may be difficult to express through words. For example, by drawing or painting, clients can express their deep emotions or aspects of themselves that are difficult to express verbally. This can reveal deeper interests, values, and career goals, and allow counselors to understand clients more holistically and deeply (Malchiodi, 2012). Art techniques such as visual arts or journaling can help individuals reflect on their experiences and aspirations. Through activities such as journaling or creating works of art, clients can explore and understand their feelings and aspirations in a structured and in-depth way. It can also clarify career goals and identify the steps necessary to achieve them (Kramer, 2001). By using art, counselors can build deeper and more empathetic relationships with clients. Art allows for more personal and authentic interactions, which can strengthen the therapeutic relationship. This can also increase the client's trust in the counselor and strengthen the effectiveness of the counseling process (Moon, 2016).

The use of creative arts offers an alternative to traditional methods in counseling. Techniques such as visual arts, journaling, or role-playing can provide a more varied and adaptive approach. This is especially important in the context of clients' diversity of cultural backgrounds and learning styles. With more diverse methods, counselors can create an environment that is inclusive and acceptable to various individuals (Gergen, 2022). To effectively apply the creative arts to career counseling practice, counselors need to receive special training. This includes learning relevant art techniques and appropriate ways to integrate them into counseling sessions. Counselors must also have the ability to manage and interpret clients' artwork sensitively and ethically so that the results can provide useful insights without causing misunderstandings or additional stress for clients (Guilford, 1950).

Limitations

Several limitations of this study should be noted. First, this study may have limitations in generalizing the results to the broader context in Indonesia, given cultural and regional variability. Second, although art techniques offer many benefits, their implementation requires special training and in-depth understanding, which may not be fully available to all counselors in Indonesia (Guilford, 1950). The review process used in this study also had limitations. For example, a focus on published studies may ignore local practices and findings that have not been widely documented. Additionally, reliance

on analytical tools such as Scopus and VOSviewer to identify trends may not fully capture all relevant contributions in the field.

Counselors need to master a variety of art techniques, such as visual arts, journaling, role-playing, and body movement. This includes understanding how each technique can be applied in a career context and how it can assist clients in exploring and communicating their career-related thoughts, feelings, and hopes (McNiff, 1992). In-depth knowledge of these techniques allows the counselor to choose the method that best suits the client's needs and preferences. Counselors need to understand and respect the diversity of clients' cultures, experiences, and perspectives in using art as a counseling tool. This includes understanding that each individual has a different background and perspective, and how this can influence the way they interact with art. Counselors must be sensitive to these differences and strive to create an inclusive environment where all clients feel valued and heard (Bulger et al., 2020). Counselors should continually evaluate the effectiveness of the art techniques used and make adjustments based on client feedback and results obtained. This includes assessing how art techniques influence the counseling process and its outcomes, as well as making adjustments if necessary to increase the effectiveness and relevance of the techniques in the context of the client's career (Hinz, 2019).

The implications of the results of this research indicate the importance of integrating art techniques in career counseling practice to increase the effectiveness and relevance of the approaches used. Counselors need to receive special training in art techniques to maximize their benefits. Policies should support the development of this training and facilitate the adoption of art methods in counseling. Future research needs to further explore the long-term impacts of art techniques and identify best practices for their application in various cultural and regional contexts.

CONCLUSION

Arts integration has been demonstrated to be useful in the field of counselling, aiding individuals in overcoming challenges, clarifying their career goals, and enhancing self-awareness. Artistic creativity enables individuals to surpass the limitations of traditional verbal communication methods, fostering profound introspection and alleviating the stress associated with choosing a career path. A proficient counsellor with expertise in artistic expression is essential for a successful implementation, while research necessitates a flawless methodology.

Furthermore, employing analytical tools such as Scopus, Publish or Perish, and VOSviewer provides a valuable perspective on the development of the counselling profession. This provides a data-driven method for finding trends and contributions to research, emphasising the advantages of combining artistic talent with technology. This also highlights the potential benefits of combining different approaches to enhance the practice of counselling careers. It also emphasises the importance of continuous exploration and development in this discipline.

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