

Please submit the abstract using the following format.

Abstract Format

Length: Maximum of 300 words (excluding title and keywords).

Language: English only.

Structure: Abstracts must include the following sections:

- **Title:** Clear, concise, and informative (title case), maximum length 20 words.
- **Authors & Affiliations:** Full names, institutional affiliations, and email addresses. Indicate the presenting author with an asterisk (*).
- **Background/Objective:** Brief context and research aim.
- **Methods:** Study design, participants, instruments, and analytical approach.
- **Results:** Key findings (for empirical studies) or theoretical contributions (for conceptual papers).
- **Conclusion/Implications:** Practical, policy, or theoretical significance.
- **Keywords:** 3–5 relevant keywords.

Example

Title: Integrating Balinese Gamelan and Mindfulness in School-Based Counseling: A Neurocognitive Pilot Study

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Dr. Laura Chen (University of Melbourne, Australia)

Background: Culturally grounded interventions are critical for emotional regulation in diverse educational settings. This study explores the efficacy of a Neuro-Konseling Mindfulness model integrating Balinese Gamelan music and Tri Hita Karana philosophy.

Methods: A quasi-experimental design with 60 secondary students (mean age = 15.2) measured pre- and post-intervention using DASS-21 and frontal theta/beta ratio via BrainAccess HALO EEG.

Results: Significant reductions in anxiety ($p < .01$) and increased frontal alpha coherence were observed, suggesting enhanced emotional regulation.

Conclusion: Culturally adapted neuro-counseling models show promise for scalable, context-sensitive mental health support in schools.

Keywords: cultural neuroscience, mindfulness, Gamelan, school counseling, EEG