# Forming a peaceful mindset in the BANI era: A systematic literature review of Cognitive Behavioral Therapy interventions

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Abstract

The phenomenon of the BANI era (Brittle, Anxiety-Inducing, Non-linear, and Incomprehensible), characterized by uncertainty, psychological pressure, and social disruption, demands therapeutic approaches that foster peaceful thinking and awareness, emotional regulation, and inner balance. This study aims to identify the developmental trends of Cognitive Behavioral Therapy (CBT) over the past 15 years in cultivating a peaceful mindset in individuals and to examine the techniques used within CBT interventions to achieve this goal. The research employs a Systematic Literature Review (SLR) method following the PRISMA stages, including identification, screening, eligibility, and inclusion processes. From 1,197 articles identified through the Scopus and Google Scholar databases, 11 final articles published between 2010 and 2025 met the inclusion criteria. The findings reveal that CBT has evolved from a conventional clinical approach into more diverse forms, encompassing trauma healing, empowerment-based CBT, social-humanistic, integrative (such as MBCT and ACT), community-based CBT, social-structural, existential, educational-curative, transcendental-spiritual, and AI-integrated digital approaches. Furthermore, the study identifies five main techniques that contribute most significantly to fostering a peaceful mindset: cognitive restructuring, cognitive reframing, mindfulness, relaxation training, and behavioral activation. These findings emphasize that CBT is not merely a clinical therapy but a transformative psychological strategy that cultivates both intrapersonal and interpersonal peace. Therefore, CBT holds strong potential to be developed as an integrative peace-based therapy relevant for enhancing mental well-being and individual resilience amid the complexities of the BANI era.

Keywords: BANI Era, Cognitive Behavioral Therapy (CBT), Peaceful Mindset, Systematic Literature Review, Mindfulness Techniques

Abstrak

Fenomena di era BANI (Brittle, Anxiety-Inducing, Non-linear, dan Incomprehensible) yang ditandai oleh ketidakpastian, tekanan psikologis, dan disrupsi sosial menuntut pendekatan terapeutik yang mampu menumbuhkan pemikiran dan kesadaran damai, regulasi emosi, serta keseimbangan batin. Penelitian ini bertujuan untuk mengetahui tren perkembangan Cognitive Behavioral Therapy selama 15 tahun terakhir dalam membentuk peaceful mindset pada individu dan bagimana teknik yang digunakan dalam pendekatan Cognitive Behavioral Therapy dalam intervensi untuk membentuk peaceful mindset. Penelitian ini menggunakan metode Systematic Literature Review (SLR) dengan mengikuti tahapan PRISMA, mencakup proses identifikasi, penyaringan, kelayakan, dan penyertaan artikel. Dari 1.197 artikel yang diidentifikasi melalui database Scopus dan Google Scholar, diperoleh 11 artikel akhir yang memenuhi kriteria inklusi tahun 2010–2025. Hasil kajian menunjukkan bahwa CBT telah berevolusi dari pendekatan klinis konvensional menuju bentuk-bentuk yang lebih beragam, mencakup pendekatan trauma healing, pemberdayaan diri (empowerment-based CBT), sosial-humanistik, integratif (seperti MBCT dan ACT), berbasis komunitas (community-based CBT), sosial-struktural, eksistensial, edukatif-kuratif, transendental-spiritual, hingga pendekatan digital yang terintegrasi dengan kecerdasan buatan (AI-integrated). Selain itu temuan penelitian ini mengungkap lima teknik utama yang paling berkontribusi terhadap pembentukan peaceful mindset, yaitu cognitive restructuring, cognitive reframing, mindfulness, relaxation training, dan behavioral activation. Selain itu hasil ini menegaskan bahwa CBT bukan hanya terapi klinis, melainkan strategi psikologis transformatif yang membentuk kedamaian intrapersonal dan interpersonal. Oleh karena itu, CBT

berpotensi dikembangkan sebagai integrative peace based therapy yang relevan untuk memperkuat kesejahteraan mental dan resilien individu di tengah kompleksitas di era BANI.

INTRODUCTION

The current era is characterized by increasing complexity and uncertainty, creating psychological conditions that are vulnerable and anxiety-ridden. The concept of BANI (Brittle, Anxiety-Inducing, Non-linear, Incomprehensible) describes the modern world as fragile, stressful, and difficult to understand, creating major challenges in various dimensions of life, whether social, emotional, or psychological. (Baskoro, 2023; Hale, 2025). Heylighen & Beigi, (2023) explain that this world of uncertainty and rapid change, both in the workplace and in social life, deeply affects individuals, causing an increase in anxiety, stress, and growing existential confusion.

On the one hand, digital transformation and globalization open up vast opportunities for self-development, but on the other hand, they also bring increasingly complex psychological pressures. (Sari et al., 2024). Mitchuk et al., (2021) revealed that phenomena such as information overload, doomscrolling, social polarization, and global uncertainty have weakened individuals' psychological resilience, causing increased levels of stress, anxiety, and mental fatigue, as well as aggressive behavior in social life. This condition makes individuals more vulnerable to emotional disorders such as anxiety, depression, and uncontrolled anger (Paulus et al., 2021).

According to the World Health Organization (WHO), approximately one in seven adolescents aged 10–19 years worldwide have experienced mental disorders, such as depression, anxiety, or behavioral disorders. Most of them began to experience symptoms or mental health problems between the ages of 14 and 18, a period that is crucial in psychosocial development (WHO, 2025). In Indonesia in 2023, which has entered the BANI era (brittle, anxiety, non-linear, incomprehensible), the Indonesian Health Survey (SKI) shows that the 15–24 age group has the highest prevalence of depressive symptoms. The survey results show that 1% of adolescents experience depression, 3.7% experience anxiety, 0.9% experience post-traumatic stress disorder (PTSD), and 0.5% experience attention-deficit/hyperactivity disorder (ADHD) (Kemenkes RI, 2024). These data indicate the need for an approach that can address individuals' basic needs so that they can face various life pressures with awareness, inner peace, and constructive self-control.

Cognitive Behavioral Therapy (CBT) has been proven effective in treating clinical disorders such as anxiety and depression (Franco et al., 2024; Mursaleen et al., 2025).. However, in this era of BANI, which is filled with anxiety and uncertainty, several studies have shown that CBT is widely used to address new psychological challenges that have emerged, such as global anxiety and uncertainty about the future (Parlar-Yazıcı et al., 2025). Recent reserches by Prihatmono & Yanti, (2025) and Ghaffari, (2025)show that the CBT approach is effective in overcoming disorders such as depression and anxiety, but further adaptation is needed to deal with the

greater complexity and uncertainty in this fast-paced world. Therefore, adjustments are needed in this therapy to make it more relevant to the mental health challenges faced by individuals in the BANI era. This shows that the formation of a peaceful mindset is a fundamental need for individuals to be able to face life's pressures with awareness, peace, and positive self-control (Austin & MacLeod, 2016; Nikmarijal et al., 2025).

A peaceful mindset is defined as a way of thinking and responding to life in a peaceful, reflective, and balance-oriented manner. Individuals with a peaceful mindset are able to accept reality without excessive reactions, control negative emotions, and maintain empathy and tolerance towards others (Eliasa et al., 2019; Ilfiandra et al., 2023). This concept is in line with Galtung, (1996) view of peace by peaceful means, which is peace rooted in the transformation of individual consciousness, not merely the absence of external conflict.

A peaceful mindset is also closely related to other psychological constructs such as psychological flexibility and emotional intelligence (Cobos-Sánchez et al., 2022). Psychological flexibility refers to an individual's ability to remain open, flexible, and adaptive in the face of challenges, while staying focused on important life values, even in situations of uncertainty or difficulty (Malo et al., 2024). Emotional intelligence includes the ability to recognize, understand, and manage one's own emotions and build healthy social relationships (Goleman, 2024).

Research in positive psychology shows that individuals with a peaceful mindset tend to have higher levels of happiness, life satisfaction, and resilience (Supriyanto et al., 2024). In addition, these individuals are also better able to maintain healthy social relationships and avoid destructive behavior (Praszkier & Munnik, 2023). This shows that a peaceful mindset plays an important role in improving psychological and social well-being. However, in the BANI era with the pressures of globalization, extreme competition, and media dominance that reinforces narratives of violence and collective anxiety, the ability to think and live peacefully is becoming increasingly rare (Chinemerem & Ezeonwuka, 2025). This challenge calls for more adaptive and relevant psychological interventions to help individuals develop a peaceful mindset in facing an increasingly uncertain and anxiety-ridden world.

In a psychological context, the formation of a peaceful mindset is not only related to spirituality or morality, but is the result of cognitive and emotional processes that can be trained. Negative thoughts, irrational assumptions, and cognitive distortions are often the root cause of internal and external conflicts (Ellis, 1962; Beck & S, 2011). Therefore, therapeutic approaches that focus on restructuring thoughts and managing emotions are highly relevant for further review. One of the most widely recognized approaches in this context is Cognitive Behavioral Therapy (CBT). CBT is a psychotherapeutic approach that emphasizes the reciprocal relationship between thoughts, emotions, and behavior (Kudo, 2025). Beck, (2021) explains that cognitive distortions such as dichotomous thinking, overgeneralization, or negative assumptions are the main causes of stress and maladaptive behavior (Syasyila et al., 2024). CBT (Cognitive Behavioral Therapy) helps individuals identify incorrect thought patterns, challenge them rationally, and replace them

with more realistic and constructive beliefs (Stallard, 2022; Hayati & Tohari, 2022).

This approach is not only oriented towards reducing clinical symptoms such as depression or anxiety, but also contributes to the development of self-awareness, emotional control, and positive thinking patterns that support inner peace (Suwandi et al., 2024). In several studies, including Zachariah, (2023) research, which found that the application of CBT was proven to be effective in reducing aggression and anger in individuals, but the study only focused on providing CBT strategies in reducing aggression. Then, the results of Afriyani & Saputra, (2025) research stated that CBT was effective in overcoming various psychological problems, such as depression, anxiety, and stress. Additionally, CBT also contributes to improving psychological well-being, self-compassion, and emotional regulation (Gayoles & Magno, 2020; Gallagher et al., 2020).

Abdelaziz et al., (2024) found that cognitive restructuring techniques in CBT can help individuals develop emotional regulation skills, which form the basis for peaceful thinking, which in turn improves an individual's emotional well-being. From a mechanism perspective, a peaceful mindset is formed through the strengthening of cognitive reappraisal and acceptance, two main components in CBT that serve to reduce emotional reactivity and increase thinking flexibility (Adzibah, 2019). Activation of the prefrontal cortex through CBT helps with self-control, while decreased activity suppresses negative emotional tendencies (Goldin et al., 2021). Neuropsychologically, CBT creates conditions of emotional stability that form the foundation of a peaceful mindset.

Although the effectiveness of Cognitive Behavioral Therapy (CBT) for mental health disorders such as depression, anxiety, and trauma has been widely proven, research specifically linking it to the formation of a peaceful mindset is still relatively limited. Most CBT research still focuses on clinical areas, while the affective cognitive aspects that shape an individual's peaceful mindset have not been systematically studied. According to Larsson et al., (2016), cognitive restructuring, a key technique in CBT, focuses on identifying and changing negative thought patterns that can trigger anxiety and emotional tension. This technique is highly effective in reducing excessive emotional reactivity and helping individuals develop more peaceful and realistic ways of thinking. Additionally, mindfulness-based CBT teaches individuals to be present in the moment, reduce future anxiety, and improve stress management (Derlic, 2022). Both techniques are highly relevant for dealing with uncertainty and anxiety, which are major challenges in the BANI era.

However, although CBT techniques such as cognitive restructuring, mindfulness-based CBT, and behavioral activation have been proven effective in reducing clinical symptoms, research specifically examining the contribution of these techniques in forming a peaceful mindset is still limited. This gap in the literature indicates a significant research gap in examining how CBT can further contribute to the transformation of individuals' peaceful consciousness in this anxiety-filled era.

Therefore, this study aims to fill this gap in the literature by examining in depth how CBT techniques can be applied to form an adaptive peaceful mindset that is relevant to the psychological challenges faced by individuals in the BANI era

(Brittle, Anxiety-Inducing, Non-linear, and Incomprehensible) through a Systematic Literature Review approach. This study aims to determine (1) trends in the development of CBT (Cognitive Behavioral Therapy) over the past 15 years in shaping a peaceful mindset in individuals and (2) the techniques used in the CBT (Cognitive Behavioral Therapy) approach in interventions to shape a peaceful mindset. This study is expected to provide a comprehensive conceptual and empirical mapping of the role of CBT and peaceful mindset as a basis for developing adaptive counseling intervention models in the BANI era (Brittle, Anxiety-Inducing, Non-linear, and Incomprehensible).

Traditional CBT techniques have also witnessed the development of more adaptive therapy models in the contemporary era to address the challenges of the times, such as the BANI era (Brittle, Anxiety-Inducing, Non-linear, Incomprehensible). Barath et al., (2025) show that artificial intelligence (AI)-based interventions that combine the principles of cognitive behavior therapy (CBT) have the potential to improve access, personalization, and effectiveness of therapy amid global uncertainty and anxiety. Additionally, research by Gkintoni et al., (2025) identifies that next-generation CBT modules utilizing teletherapy, digital applications, and adaptive algorithms can help individuals manage stress, anxiety, and non-linear life changes.

Given the increasingly complex psychological dynamics of the BANI era, where uncertainty, rapid change, and collective stress have become the norm, the need for therapeutic intervention has also increased. Cognitive behavior therapy (CBT), which has proven effective in treating classic clinical disorders such as depression and anxiety, now faces new demands, not only to reduce symptoms but also to foster an adaptive, flexible, and resilient peaceful mindset toward stress. Therefore, linking BANI-era anxiety with CBT therapeutic needs is a crucial step to ensure that psychological intervention models remain relevant and responsive to the challenges of the times.

METHODS

This study uses a Systematic Literature Review (SLR) design to explore various recent research results discussing Cognitive Behavioral Therapy (CBT) in building a peaceful mindset. According to Rethlefsen et al., (2021), SLR is a method used to collect, assess, and understand all research relevant to a predetermined topic and question. The purpose of this approach is to provide a complete picture of existing research, as well as to find gaps or gaps in research that can be used as opportunities for further study. In addition, the Systematic Literature Review (SLR) method helps researchers see the various perspectives and approaches used in previous studies, thereby obtaining a broader and deeper understanding (Cabrera & Cabrera, 2023).

In practice, researchers must follow certain steps, starting with formulating clear and focused research questions. This step is very important because it helps in the process of searching for and filtering relevant literature. Flemming et al., (2019) emphasize that the right question formulation will make the data search process more efficient, while Chigbu et al., (2023) add that the focus of the research question will guide researchers in finding relevant and high-quality literature. This enables the identification of trends, gaps in the literature, and the potential for

integrating cognitive behavior therapy with peaceful mindset psychology.

Unlike conventional literature review methods, which are narrative and tend to be subjective, SLR uses systematic, measurable, and transparent procedures to search and select literature based on clear criteria. This makes SLR more replicable and has a higher level of validity compared to traditional reviews (Snyder, 2019; Xiao & Watson, 2019). In addition, SLR also differs from meta-analysis, which only focuses on statistical analysis of quantitative data; SLR emphasizes conceptual and thematic synthesis of various studies, both qualitative and quantitative, to obtain a broader theoretical understanding (Booth et al., 2021).

The questions in this study were formulated using the PICOC framework, which consists of five main elements (Hosseini et al., 2024): Population, Intervention, Comparison, Outcome, and Context. In this study, population (P) refers to non-clinical individuals who are the targets of cognitive behavioral therapy (CBT) interventions, specifically adolescents, young adults, college students, and adults who live with daily psychological stress, such as academic stress, work stress, non-clinical anxiety, fatigue, or emotional regulation problems. Studies focusing on patients with severe mental disorders, such as schizophrenia, bipolar disorder, or chronic PTSD, were excluded because they were inconsistent with the research focus on forming a peaceful mindset in the context of general psychological well-being, rather than severe clinical disorders.

Intervention (I) in this framework refers to various forms of cognitive behavior therapy (CBT), whether in individual counseling, group counseling, or digital-based programs, which explicitly use CBT techniques, such as cognitive restructuring, mindfulness-based CBT, behavioral activation, and emotion regulation training. Only studies that clearly state that the intervention used is CBT-based or a derivative CBT approach are accepted for analysis.

The comparison element (C) of the comparison group in this study is flexible. In some of the articles analyzed, cognitive behavioral therapy (CBT) was compared with a control group without intervention, other interventions (e.g., non-directive counseling, general psychoeducation, or mindfulness-based therapy without CBT components), or standard approaches established in that context. However, since the main focus of this study is to map the role and techniques of CBT in shaping a peaceful mindset, the existence of a comparison group is not an absolute requirement. Therefore, studies without a comparison group are still included as long as they provide relevant empirical data on the impact of CBT on aspects related to a peaceful mindset.

Outcomes (O) refer to various forms of psychological changes related to a peaceful mindset, such as increased inner peace, better emotional regulation, reduced anxiety and stress, increased empathy, reduced aggression, and increased subjective well-being and resilience. Articles that only measure clinical symptoms (e.g., focusing only on a decrease in major depression scores) without linking the results to aspects of peace, psychological well-being, or emotional regulation were not considered in the main analysis.

Finally, context (C) This study covers the environments in which CBT interventions are applied, such as educational contexts (schools, universities),

communities, public health services, and non-clinical counseling environments, both in developing and developed countries. Furthermore, this context is also understood within the framework of contemporary psychosocial challenges characterized by uncertainty, the pressures of globalization, and the characteristics of the BANI era. By applying this detailed PICOC framework, this study is expected to produce a more focused and in-depth synthesis of how CBT is used, to whom, in what context, and with what results in the formation of a peaceful mindset.

Based on this framework, this study formulates two main questions, namely: (1) How has CBT (Cognitive Behavioral Therapy) developed over the last 15 years in shaping a peaceful mindset in individuals, (2) CBT techniques that are often used in interventions aimed at shaping a peaceful mindset. The Systematic Literature Review (SLR) procedure in this study was carried out through several systematic stages. The selection of articles relevant to the research questions is illustrated through the PRISMA flow diagram, which includes four main stages: identification, screening, eligibility assessment, and article inclusion (Page et al., 2021).

According to Page & Moher, (2017), the application of PRISMA has three main benefits, namely helping researchers determine topics that are worthy of systematic review, facilitating the establishment of inclusion and exclusion criteria, and enabling analysis of various scientific works within a certain time frame. At the identification stage, this study used the Scopus and Google Scholar databases to search for relevant literature. The search was conducted using the keywords "CBT (Cognitive Behavioral Therapy)", "peaceful mindset", and "peace of mindset", which yielded 1,197 articles relevant to the research focus.

After the identification stage was completed, the process continued to the screening stage. At this stage, all articles found were further selected based on several criteria, namely year of publication, type of article, publication status, and language used. Through this initial selection process, 85 articles were obtained that were deemed to meet the basic criteria for further review. This stage was carried out carefully so that only relevant and high-quality studies were included in the subsequent analysis.

Next, in the eligibility stage, researchers assessed each article based on the criteria of accessibility, title suitability, and abstract content. After going through this stage, 19 articles were deemed eligible to proceed to the next stage. The final stage was article inclusion, in which researchers applied additional criteria focusing on the population and research object. From this selection, 8 articles were excluded because they did not meet the specified criteria, leaving 11 final articles that were used in the main analysis of this study. The entire research procedure flow followed the PRISMA diagram, which describes the systematic article selection process from the initial stage to the final stage as explained in Figure 1.
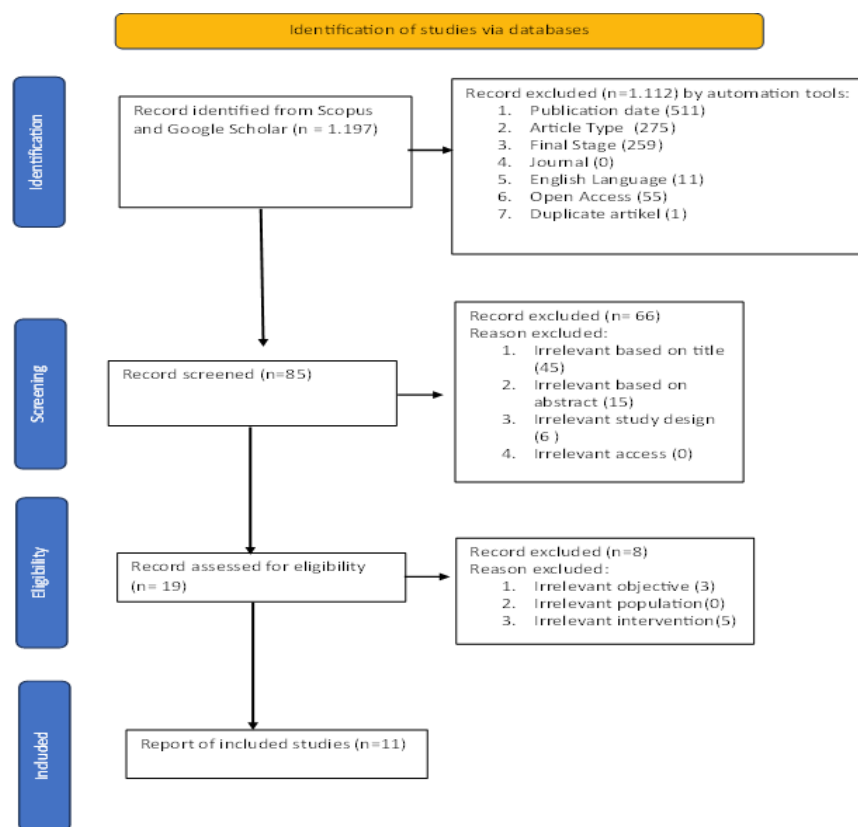
Figure 1. PRISMA Flow Chart

Based on the research procedure described in Figure 1, the next stage is explained in more detail, namely the literature search and selection stage. These two stages are an important part of compiling the PRISMA flow chart, which serves as a guide in the systematic article selection process. In the literature search stage, researchers use various academic databases to find articles, journals, and publications relevant to the research topic. According to Chigbu et al. (2023), the use of appropriate and relevant keywords is very important for the search process to be carried out effectively. In this study, researchers used the Scopus and Google Scholar databases with the search terms "Cognitive Behavior AND therapy" and "Peace AND Peace of Mind AND Peaceful Mindset" OR "CBT" to obtain relevant literature.

After the literature has been collected, the next step is to select studies based on predetermined inclusion and exclusion criteria. These criteria serve to ensure that only relevant, high-quality studies are included in the analysis. In the context of a Systematic Literature Review (SLR), inclusion and exclusion criteria are important components that help researchers determine which studies are eligible for inclusion or should be excluded from the review. Exclusion criteria are used to eliminate studies that do not meet the standards, for example, because they have methodological weaknesses, are not relevant to the topic, or use language that is not understandable to the researchers. The process of determining the inclusion and exclusion of literature in this study was based on several main aspects, namely year of publication, population, document type,

language, access, and object. Full details of these criteria are presented in Table 1, which explains the limitations and considerations of researchers in selecting the literature used in the final analysis stage.

Table 1. Inclusion and Exclusion Criteria

Criteria	Inclusion	Exclusion
Topic	Studies examining CBT in the context of developing a peaceful mindset, emotional regulation, mindfulness, and non-clinical psychological well-being.	Studies that focus solely on CBT in a clinical context (severe depression, personality disorders, PTSD) without relevance to a peaceful mindset.
Article Type	Empirical research articles (quantitative, qualitative, mixed methods) and systematic reviews.	Editorials, opinions, non-empirical reviews, or popular literature.
Year of Publication	2010-2025 Years	Before 2010 years
Document Type	Article published in a journal.	In addition to journal articles, other literature such as books, book chapters, conference proceedings, research reports, and other academic documents.
Language	English, and Indonesia	In addition to English and Indonesian.
Access	Open access	Access locked.
Population	Teenagers, adults, seniors	Infants, Children.
Object	Psychology, Education, Health	Other subjects such as sports, economics, and engineering.

During the Systematic Literature Review (SLR) process, this study established strict selection criteria to ensure that only relevant, recent, and high-quality articles were analyzed. First, only articles published after 2010 were included. This time frame was chosen based on several important considerations. The period after 2010 saw significant developments in cognitive behavior therapy (CBT) approaches. Furthermore, the concept of the BANI era, characterized by fragile social structures, increased anxiety, uncertainty, and non-linear dynamics, began to be widely discussed after 2010, so that older literature was considered less reflective of contemporary psychological challenges relevant to a peaceful mindset. Research trends on peace psychology, emotion regulation, and mindfulness have also increased sharply in the last decade, so pre-2010 literature is considered less relevant to the current scientific development context.

Second, this study only includes scientific articles that have undergone a peer-review process to ensure the credibility and validity of the synthesis of findings. The articles included cover empirical studies, both quantitative, qualitative, and mixed methods, as well as relevant systematic reviews and meta-analyses. Conference proceedings are also considered as long as they have undergone a peer-review process. Meanwhile, various forms of literature, such as books, book chapters, dissertations, organizational reports, opinions, popular literature, or documents that do not provide full access

(only abstracts), were not included in the analysis. This was done to ensure that all selected articles were based on sound scientific and methodological data, in accordance with the basic principles of systematic literature review.

Third, the research population criteria were also specified to ensure alignment with the main objective of the study, which was to examine the role of cognitive behavior therapy (CBT) in forming a peaceful mindset. The population included non-clinical individuals such as adolescents, young adults, the elderly, and the general public. Furthermore, studies involving individuals with mild to moderate psychological conditions were also accepted, including those experiencing academic or work stress, non-clinical anxiety, fatigue, emotional regulation problems, or mild aggression. Conversely, studies involving patients with severe psychiatric disorders such as chronic PTSD, bipolar disorder, or schizophrenia are excluded because the focus of this study is not on complex clinical contexts. Children under the age of 10 are also excluded because at that age, their cognitive abilities are not yet mature enough to participate independently in CBT interventions. Thus, the selection of this population ensures that this study truly highlights the application of CBT in developing a peaceful mindset in individuals living with daily psychological stress, especially in the BANI era.

Articles that had indirect relevance or caused ambiguity (e.g., discussing mindfulness without explicitly mentioning CBT, or vice versa) were processed through a consensus review. Researchers discussed these articles with fellow researchers in guidance and counseling to assess the suitability of the content with the focus of the study. If the discussion did not reach a consensus, an in-depth reading of the methods and results sections of the study was conducted to assess the extent to which the concepts of CBT or peaceful mindset were applied. This approach refers to the peer validation principle recommended by Gough et al., (2017),, so that the inclusion decision is objective and verified.

Data analysis in this study used a thematic analysis approach, which is considered a flexible and effective method for examining patterns, meanings, and relationships in diverse literature (Kushnir, 2025). This approach is in line with the views of Flemming et al., (2019), who state that thematic analysis is one of the most effective methods for synthesizing various findings in research with an integrative or mixed design. The analysis process was carried out through several systematic stages based on the model proposed by model Braun & Clarke, (2006): familiarization, initial coding, theme development, theme review, and refinement. These stages enabled the researchers to extract key findings from the literature and organize them in a more structured manner.

In the first stage, researchers read all articles repeatedly to understand the context, objectives, and results of each study. Next, researchers performed initial coding by marking important parts of the articles, such as key concepts, CBT techniques used, the impact of interventions, and factors that influence the formation of a peaceful mindset. This coding process was carried out using a simultaneous deductive-inductive approach. The deductive-inductive simultaneous approach was used because this study already had an initial theoretical focus, namely cognitive behavior therapy (CBT) and peaceful mindset, so that the

initial coding framework had already been established. However, an inductive approach was also used so that the researchers remained open to new findings that emerged naturally from the literature, allowing for the exploration of unexpected themes that were relevant to the research topic.

After coding was completed, researchers grouped the codes into interrelated conceptual categories, thereby forming a framework. The initial theme of this process was followed by reviewing the suitability between codes and categories, as well as rearranging themes to ensure consistency, data richness, and relevance of findings. At this stage, the final themes were refined based on their alignment with the research objectives and the completeness of the data coverage. In this study, the final themes that emerged included: (1) understanding of the basic concepts of the CBT (Cognitive Behavioral Therapy) approach based on the latest findings from the past 15 years, (2) identification of specific techniques used in the application of CBT to shape an individual's peaceful mindset, and (3) opportunities and prospects for the future development of CBT, as found in the analyzed literature. The division of these themes aims to present a structured and in-depth synthesis of data, resulting in a comprehensive understanding of the application of CBT in the context of shaping an individual's peaceful mindset.

RESULTS

This study successfully identified 11 articles that met all the inclusion and exclusion criteria that had been set. The results of the literature review were then presented in two main sections, each designed to answer the research questions. The first section discusses the development of CBT (Cognitive Behavioral Therapy) over the last 15 years in building a peaceful mindset
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in individuals. Meanwhile, the second section presents findings related to the CBT techniques most frequently used in interventions aimed at building a peaceful mindset in individuals. All of the synthesized results from these two areas of discussion are summarized in Table 2, which presents a summary of the 11 selected articles.

Table 2. Literature Review Results

No	Title, Author & Year	Population	Method	CBT Technique	Results
1	Peaceful Mind: An Open Trial of Cognitive-Behavioral Therapy for Anxiety in Persons With Dementia (Paukert et al., 2010)	Elderly people with anxiety disorders (AS)	Treatment open trial Clinical Study randomized controlled trial (RCT)	Cognitive restructuring, relaxation training, behavioral activation	Significant reduction in anxiety; proven increase in calmness and self-control, forming inner calmness as the basis for a peaceful mindset.

No	Title, Author & Year	Population	Method	CBT Technique	Results
2	A Qualitative Study of Mental Health Problems among Orphaned Children and Adolescents in Tanzania (Dorsey et al., 2015)	Tanzanian orphans (post-traumatic)	Randomized Controlled Trial (RCT)	Trauma-focused CBT (exposure, thought correction, coping skills)	Improved emotional resilience and self-acceptance, as well as CBT, transform trauma into peaceful awareness (peace through healing).
3	Making Peace with the Past: Peace Education in Post-Conflict Aceh Societies through the Application of Cognitive Behavioral Therapy (Riyani et al., 2021)	Post-conflict youth in Aceh	qualitative research design with a phenomenological approach	Cognitive reframing, empathy training, group dialogue	Increasing empathy and forming a social peace mindset to reduce aggression.
4	The Application of Cognitive Behavior Therapy in Developing the Personality of Adolescents in Orphanages (Aini, 2019)	Orphanage teenagers	Participatory Action Research (PAR)	Behavioral activation, self-evaluation, positive self-talk	Boosting self-confidence, positive social interactions, and fostering peaceful thoughts, mindfulness, and cognitive-emotional balance.
5	Peace Starts with Peace of Mind": Study of the Intersection between Postconflict Trauma, Peacebuilding and Economic Development in Northern Uganda	Post-conflict communities in Africa	Field Qualitative Study	Cognitive behavior therapy (CBT), relaxation and breathing exercises, as well as exercises in a safe place using	Social reconciliation, as well as fostering peaceful thinking in post-conflict trauma recovery

No	Title, Author & Year	Population	Method	CBT Technique	Results
	(Tankink et al., 2022)			elements of narrative exposure therapy, and community reflection sessions.	
6	The Art and Science of Urban Gun Violence Reduction: Evidence from the Advance Peace Program in Sacramento, California (Corburn et al., 2022)	Urban violence communities (United States)	Mixed-Methods Evaluation	Group Cognitive Behavioral Theraphy, behavioral rehearsal, social reflection	A 29% decrease in incidents of violence; increased self-awareness and peaceful thinking.
7	The Effectiveness Of Mindfulness-Based Cognitive Therapy And Acceptance And Commitment Therapy On Medical Science Students' Subjective Well-Being, Psychological Distress, And Emotion Regulation (Googhari et al., 2022)	Medical student (Iran)	Semi-experimental, MBCT & ACT	Mindfulness, acceptance, emotion regulation	MBCT and ACT both enhance a peaceful mindset and well-being in reducing distress.
8	Mindfulness-Based Cognitive Therapy to Reduce Anxiety During Quarter Life (Setiawan & Pramadi, 2023)	Students (Quarter Life Crisis)	Experimental Design	Mindfulness-based CBT, acceptance, self-awareness	Reduce anxiety and increase optimism, and develop peaceful thinking patterns.

No	Title, Author & Year	Population	Method	CBT Technique	Results
9	The Effectiveness of Cognitive Behavior Therapy (CBT) in Reducing Aggressive Behavior in Adolescents: Literature Review (Putra & Wahyuni, 2023)	Teenager	Literature Review Study	Identify negative/irrational thoughts; reframing/changing thought patterns; stopping negative thoughts; redirecting attention; exposure therapy; stress management /relaxation.	CBT has been proven effective in reducing aggressive behavior in students. Through CBT intervention, students are helped to recognize and change negative thought patterns that lead to peaceful thinking and maladaptive aggressive behavior, while also improving their ability to manage emotions.
10	Implementation of Zikir as an Effort to Reduce Anxiety Through Cognitive Behavioral Therapy (CBT) (Khotimah & Nurjannah, 2024)	Adult Muslim	Studi Literature Integration (CBT + Spiritual)	Cognitive restructuring + Zikir (spiritual)	Reducing anxiety, increasing inner peace, shaping and restructuring thought patterns, and creating a sense of tranquility.
11	War, emotions, mental health, and artificial intelligence (Cosic et al., 2024)	Communities affected by global war	Conceptual Analysis (AI-integrated CBT)	Online CBT-AI, combined with the use of emotion-based strategic communication (EBSC),	AI-assisted CBT effectively maps and changes negative emotions and shapes a peace mindset.

Based on Table 2, the research data was then further analyzed based on the year of publication, research location, and research methods used in each study. The research period analyzed covered the period from 2010 to 2015, with the following distribution of publications: 2010 (n=1), 2015 (n=1), 2019 (n=1), 2022 (n=3), 2023 (n=3), and 2024 (n=1), for a total of 11 articles that met the criteria.
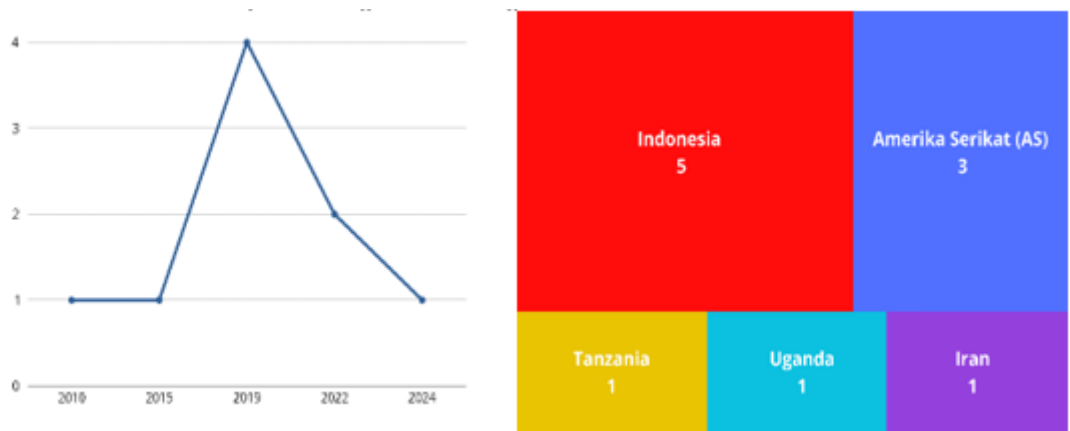
Figure 2. Publication Trends by Publication Year and Author Country Affiliation and Number of Studies

Figure 2 not only shows the distribution of publications by year, but also shows the country affiliations of authors, illustrating the international scope of research on Cognitive Behavioral Therapy (CBT) in the formation of a peaceful mindset. This geographical distribution shows that studies on CBT are not limited to a particular region, but are developing globally, with countries such as Indonesia, the United States, Tanzania, Uganda, and Iran contributing to the research. The research methods used in the twelve articles include quasi-experiments, meta-analyses, qualitative approaches, literature reviews, and case studies, which together provide a comprehensive overview of the variety of research designs and approaches used to examine the use of cognitive behavioral therapy in shaping an individual peaceful mindset. This methodological diversity enriches our understanding of how CBT is applied in various contexts to build a peaceful mindset, and shows that this

approach can be analyzed through various different research designs. Thus, this variety of research methods strengthens the overall validity of the results.

RQ 1: How has CBT (Cognitive Behavioral Therapy) developed over the past 15 years in shaping an individual's peaceful mindset in the BANI era?

The CBT (Cognitive Behavioral Therapy) approach has developed over the years in line with the times and social issues that have arisen among humans, especially in the BANI (Brittle, Anxiety-Inducing, Non-linear, and Incomprehensible) era. Based on a review of a number of studies outlined in Table 2, the development of the CBT approach over the past 15 years in shaping a peaceful mindset can be further seen in Table 3.

Table 3. Development of the CBT Approach

No	Theme/Period of Development	Focus on CBT Development	Results in Developing a Peaceful Mindset
1	Conventional clinical CBT (Paukert et al., 2010)	Focuses on reducing anxiety symptoms and improving self-control through thought restructuring and relaxation training.	Reduce anxiety and increase inner peace as the basis for a peaceful mindset.
2	CBT trauma healing (Dorsey et al., 2015)	Emphasizing the transformation of traumatic experiences into self-awareness and acceptance, leading to the formation of inner peace.	Enhancing empathy, emotional resilience, and peace awareness (peace through healing).
3	Self-empowerment-based CBT (empowerment-based CBT) (Aini, 2019)	Improving self-esteem, self-reflection skills, and emotional balance in adolescents.	Cultivating positive thinking, mindfulness, and cognitive-emotional balance.
4	Social-humanistic CBT (Riyani et al., 2021)	Integrating empathy training and social dialogue to foster a social peace mindset in post-conflict communities.	Increasing empathy and forming a social peace mindset to reduce aggression.
5	Integrative CBT (MBCT & ACT) (Googhari et al., 2022)	Combining mindfulness and acceptance to improve emotional regulation and psychological well-being.	MBCT and ACT both promote a peaceful mindset and well-being in reducing distress.
6	Community-based CBT) (Tankink et al., 2022)	Emphasizing collective healing through social reflection and relaxation exercises as a means of reconciliation.	Emphasizing collective healing through social reflection and relaxation exercises as a means of reconciliation.
7	Social-structural CBT (Corburn et al., 2022)	Focusing on changing violent behavior and social awareness through group reflection and peaceful behavior training.	A 29% decrease in incidents of violence; increased self-awareness and peaceful thinking.
8	Existential CBT (Setiawan & Pramadi, 2023)	Focusing on the search for meaning in life and self-acceptance in the face of early adulthood existential crises.	Reduce anxiety and increase optimism, and develop peaceful thinking patterns.
9	Educational-curative CBT (Putra & Wahyuni, 2023)	Focused on emotional management and prevention of aggressive behavior in the context of education.	CBT has been proven effective in reducing aggressive behavior in students. Through CBT intervention, students are helped to recognize and change negative thought patterns towards peaceful thinking while improving their ability to manage emotions.

| No	Theme/Period of Development	Focus on CBT Development	Results in Developing a Peaceful Mindset
10	Transcendental-spiritual CBT (Khotimah & Nurjannah, 2024)	Combining cognitive restructuring with spiritual practices (zikir) to cultivate inner peace	Reduces anxiety, increases inner peace, shapes and restructures thought patterns, and creates a sense of tranquility.
11	Digital CBT & AI-integrated (Cosic et al., 2024)	Integration of artificial intelligence technology to read and modulate emotions in order to build a cross-cultural peace mindset.	Transforming negative emotions into peaceful mindsets through adaptive digital interventions.
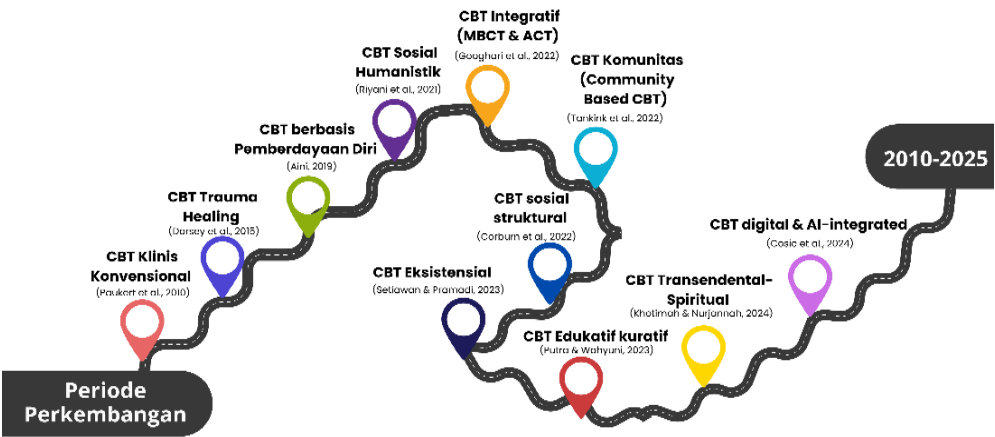
Figure 3. CBT Development Period 2010-2025

RQ2: Which CBT (Cognitive Behavioral Therapy) techniques are most often used to develop a peaceful mindset in individuals?

Table 2 identifies the CBT techniques most often used to develop a peaceful mindset.

Several studies have proven the role of CBT in developing a peaceful mindset. Several techniques in the CBT approach to counseling/therapeutic services can be seen in Table 4.

Table 4. Techniques in the CBT approach

No	CBT Technique (Cognitive Behavioral Therapy)	Description
1	*Cognitive Restructuring*	The process of replacing anxious thoughts with calming thoughts through self-awareness and calming and peaceful thoughts (Paukert et al., 2010).

No	CBT Technique (Cognitive Behavioral Therapy)	Description
		The process of changing negative mindsets or cognitive distortions into positive (peaceful) and adaptive thoughts (Khotimah & Nurjannah, 2024).
2	*Cognitive Reframing*	The process of redefining traumatic experiences to transform the meaning of conflict into a source of peaceful learning to build a peaceful mindset, erase the image of the enemy, and foster social empathy. (Riyani et al., 2021).
		The process of changing negative perceptions into positive (peaceful) and realistic ones regarding social situations that trigger aggression in order to control emotions, reduce aggression, and improve adaptive skills (Putra & Wahyuni, 2023).
3	*Mindfulness*	The ability of individuals to consciously observe their thoughts, emotions, and bodily sensations without automatically reacting to them, so that individuals can recognize negative thought patterns before they trigger destructive emotional responses, in order to promote peaceful thinking (Googhari et al., 2022).
		The ability to be fully present and aware of the current experience without getting caught up in negative thoughts; a core component of Mindfulness-Based Cognitive Therapy (MBCT) for significantly reducing anxiety levels and increasing optimism (peaceful thinking) (Setiawan & Pramadi, 2023).
4	*Relaxation training*	Muscle relaxation and deep breathing exercises to reduce physiological and cognitive anxiety (Paukert et al., 2010).
		Post-traumatic stress management techniques using breathing exercises and visualization of safe places (Tankink et al., 2022).
		Relaxation techniques such as breathing, meditation, and visualization to control negative emotions and stress (Putra & Wahyuni, 2023).
5	*Behavioral activation*	Increased enjoyable activities to reduce anxiety and depression through structured concrete plans to foster a peaceful mindset, reduce symptoms of trauma, depression, and isolation, and restore social and emotional functioning (Paukert et al., 2010).

No	CBT Technique (Cognitive Behavioral Therapy)	Description
		The process of forming positive behavior through social training and productive activities to strengthen personality and mental well-being in developing a positive personality (peaceful thinking), improving social interaction, and reducing negative behavior (Aini, 2019).

The analysis of the findings shows that the five CBT techniques work complementarily to form a peaceful mindset. These techniques not only serve to reduce symptoms of anxiety, stress, or aggression, but also emphasize the cognitive-affective level to foster a more peaceful, flexible, and adaptive way of thinking. Further analysis shows that each technique has a specific contribution to overcoming the psychological challenges that characterize the BANI era, such as uncertainty, collective anxiety, information overload, and unpredictable social dynamics. Cognitive restructuring and reframing work at the level of meaning; attention and relaxation work on attentional and physiological stability; while behavioral activation strengthens the balance of daily life. In this fragile, anxious, nonlinear, and unpredictable era, these techniques provide comprehensive coping mechanisms to help individuals develop inner peace, emotional stability, and cognitive flexibility.

DISCUSSION

Cognitive Behavior Therapy (CBT) was first developed by Beck in 1976. Its main foundation stems from the view that human thought patterns are formed through a series of relationships between Stimulus, Cognition, and Response (SCR), which are interconnected to form a network in the brain (Beck, 2021). Within this framework, cognitive processes are considered key elements that explain how a person thinks, feels, and acts. According to Leder, (2017), CBT therapists focus on an individual's internal dynamics, such as thoughts, perceptions, judgments, internal dialogue, and unconscious assumptions, in order to understand and modify both overt and covert problematic behaviors. This approach seeks to combine various therapeutic techniques to encourage change, not only in visible behavior but also in the underlying ways of thinking, beliefs, and attitudes (Woud & Hofmann, 2023). Ruggiero et al., (2018) state that the CBT approach is based on the assumption that a person's thought patterns and belief systems influence their behavior, so that by changing those thought patterns, positive behavioral changes can be achieved.

Over the past fifteen years, Cognitive Behavioral Therapy (CBT) has shown significant developments, both in terms of theory and application in building a peaceful mindset (Prasko et al., 2016). The contemporary era is marked by the emergence of various new forms of anxiety that were unknown in previous decades, such as global anxiety, digital anxiety, and widespread socioeconomic instability due to massive exposure to information and rapid social change (Elliott, 2024). Kariri & Almubaddel, (2024) find that CBT is no longer positioned solely as a clinical intervention, but as a relevant approach to

navigating the psychological dynamics of the BANI (Brittle, Anxiety-Inducing, Non-linear, Incomprehensible) era. Phenomena such as doomscrolling, uncertain economic pressures, social polarization, and the acceleration of digitalization contribute to an increase in chronic psychological stress. This condition requires a therapeutic approach that not only alleviates symptoms but also builds cognitive-affective capacity to cope with uncertainty.

As psychosocial complexity evolves in the BANI (Brittle, Anxiety-Inducing, Non-linear, Incomprehensible) era, the CBT approach is undergoing a paradigm shift towards a more humanistic, contextual, and integrative approach. Recent studies show that CBT is no longer limited to treating anxiety or depression, but is also used to develop the ability to adapt to uncertainty, manage digital stress, increase tolerance for ambiguity, and strengthen cognitive flexibility, which are core competencies that are very much needed in the BANI era (Fuchs et al., 2023; Baei et al., 2024).

Persich & Robinson, (2022)., found that the CBT approach can strengthen intrapersonal and interpersonal peace through cognitive restructuring, self-awareness development, and emotional regulation reinforcement. In this context, techniques such as cognitive restructuring help individuals break the cycle of catastrophic thinking exacerbated by the rapid flow of information; mindfulness-based CBT reduces emotional reactivity to digital uncertainty; and behavioral activation helps individuals maintain social-emotional functioning amid fluctuating socioeconomic pressures.

The transformation of the CBT approach is evident in its shift in focus from individual clinical therapy to social and community applications. Early studies such

as Paukert et al., (2010) still emphasize the reduction of physiological anxiety through cognitive restructuring and relaxation training, which has been proven to increase inner calm and shape peaceful mindsets. However, subsequent research such as Riyani et al., (2021) shows a new orientation, where CBT is used as a tool for social reconstruction to transform conflict trauma into empathy and social peace. Thus, CBT has undergone a transformation in meaning from merely psychological therapy to a humanistic social approach that fosters collective peace awareness.

In Indonesia, the development of CBT shows a tendency to integrate spiritual values and self-awareness. Khotimah & Nurjannah, (2024) combine cognitive restructuring with the practice of zikir, resulting in a transcendental-spiritual CBT approach that fosters inner peace, including thoughts of peace and emotional balance. This shows that CBT is not rigid in theory, but is able to adapt to local cultural and spiritual values (Naeem et al., 2019). Dorsey et al., (2015) and Khotimah & Nurjannah, (2024) find that This CBT approach emphasizes the dimension of inner peace as a result of the harmonization of thoughts, emotions, and spirituality, thereby expanding the meaning of a peaceful mindset not only as the absence of conflict, but as a state of complete awareness. In addition to being relevant in a cultural context, this adaptation of CBT also addresses one of the major challenges of the BANI era, namely loss of control and the increasing need for individuals to find internal peace when the external environment is unstable. In fragile socio-political and economic conditions that trigger anxiety, spiritual CBT helps individuals build an internal locus of

control, which plays an important role in mental stability (Buhake, 2025).

The latest developments in CBT approaches have led to the emergence of digital and AI-integrated CBT, as shown in the research by Cosic et al., (2024), which indicates that artificial intelligence technology is used to read, map, and modulate human emotions in forming a peace mindset. This approach is highly relevant in the BANI era, when individuals face information overload, doomscrolling, cyber-anxiety, and uncontrolled exposure to social media. Tzioumaki et al., (2025) found that AI-assisted cognitive behavioral therapy (CBT) helps stabilize emotional reactivity in real-time, provides personalized interventions when anxiety increases, and guides individuals toward a more peaceful mindset through adaptive algorithms. Thus, the development of CBT is now entering the phase of smart therapy, a collaboration between classical cognitive-behavioral techniques and responsive, interactive digital technology.

This integration reflects CBT's adaptive response to the digital world and new psychological phenomena such as digital anxiety and cyber trauma. Thus, the direction of CBT development is now entering the era of smart therapy, where cognitive and behavioral approaches are collaborated by interactive technology to strengthen peaceful awareness across cultures and contexts. A thematic analysis of 11 studies shows that some of the most influential CBT techniques in shaping a peaceful mindset include cognitive restructuring, cognitive reframing, mindfulness, relaxation training, and behavioral activation.

The cognitive restructuring technique serves to replace irrational thoughts with more adaptive peaceful mindsets in the BANI era, where individuals often lose control due to uncertainty and receive excessive information ((Jeyakodeeswari & Nithila, 2023). According to Takdir et al., (2025), cognitive restructuring helps to resist negative thoughts triggered by global situations and digital media, while reframing helps individuals transform the meaning of negative experiences into opportunities for reflection. These techniques are effective in managing non-linear stressors such as sudden changes, social conflicts, or complex situations that are difficult to predict, all of which are characteristic of BANI (Nicoară et al., 2024). Meanwhile, mindfulness serves as an important bridge between cognition and affect, training full awareness of emotions without destructive reactions, thereby fostering peace and optimism (Googhari et al., 2022). Mindfulness-based CBT (MBCT) is one of the most effective techniques for reducing anxiety levels and enhancing a peaceful mindset among college students and young adults. Googhari et al., (2022) and Setiawan & Pramadi, (2023) both found that the application of MBCT and Acceptance Commitment Therapy (ACT) significantly improved well-being and emotional regulation abilities.

Then, relaxation training techniques further strengthen this effect through the release of physiological tension and relaxation that leads individuals to mental calmness (Putra & Wahyuni, 2023). Paukert et al., (2010) revealed that in an era of collective anxiety, relaxation techniques stabilize the nervous system, reduce sensitivity to uncertainty, and create neuropsychological conditions that support a peaceful mindset. The combination of these techniques empirically proves that psychological peace does not only come from cognition, but also from physical

relaxation and full awareness of the situation (Nelson, 2021).. Additionally, Rahmananda & Marjo, (2025) explain that the cognitive aspect, behavioral activation, has been proven to have an important contribution in forming a peaceful mindset. Through social activities and group reflection, individuals learn to channel positive thoughts in solving the problems they face.

Overall, these five CBT techniques complement each other, forming an adaptive mechanism that can withstand the psychological impacts of the BANI era, such as high anxiety, insecurity, complex uncertainty, and uncontrolled information flow. Mindfulness and relaxation calm the body and attention; restructuring and reframing reorganize thoughts, while behavioral activation stabilizes behavior and daily life.

Furthermore, based on development trends and the findings above, CBT has great prospects for development as an integrative peace-based therapy relevant to human needs in the BANI era. The combination of cognitive, spiritual, social, and technological approaches makes CBT increasingly flexible and contextual (Praekanata et al., 2024). In the future, research directions can be focused on strengthening AI-assisted CBT, developing virtual peace counseling, and developing CBT counseling guidelines that adapt local values in shaping a peaceful mindset.

Although the synthesis results show that various CBT techniques are effective in fostering a peaceful mindset, several limitations need to be considered. First, most of the studies reviewed focused on adolescents and young adults, so their effectiveness in other age groups such as children, the elderly, or individuals with cognitive impairments has not been widely tested (Dorsey et al., 2015; Khotimah & Nurjannah, 2024)

Techniques such as cognitive restructuring and reframing require relatively mature metacognitive abilities, so their application in young children or individuals with intellectual disabilities may be less than optimal. In addition, some studies show that certain CBT techniques, such as trauma-focused CBT, may not be suitable for individuals with complex trauma without additional intervention support. In populations with psychotic symptoms, the use of CBT techniques often requires a combination of other approaches due to challenges in stabilizing perceptions of reality (Paukert et al., 2010; Riyani et al., 2021; Khotimah & Nurjannah, 2024).

Then, in a digital age full of distractions, the effectiveness of cognitive behavioral therapy (CBT) is greatly influenced by treatment adherence. The increasing use of digital CBT applications can actually exacerbate digital fatigue for some individuals, raising the debate about whether digital CBT is always the best solution. Therefore, further research is needed to assess these limitations more systematically (Cosic et al., 2024).

The CBT techniques found in this study can be applied not only in individual counseling but also in group counseling and community-based interventions. At the individual level, techniques such as cognitive restructuring and mindfulness-based CBT have been shown to improve emotional regulation and foster peace of mind in the context of academic stress, social anxiety, and fatigue (Googhari et al., 2022; Putra & Wahyuni, 2023; Setiawan & Pramadi, 2023).

In group therapy, techniques such as behavioral activation and dialogic reframing are often used to strengthen

social interaction, empathy, and collaborative problem solving. The group setting is also more effective for building peaceful interpersonal mindsets because it provides a space to practice peaceful communication, emotional validation, and social reflection (Paukert et al., 2010; Aini, 2019).

Tankink et al., (2022) and Corburn et al., (2022) revealed that in the community sphere, CBT can be integrated into community-based mental health programs, for example, emotional regulation training for school students. as well as mindfulness interventions for adolescents, or resilience training that combines CBT techniques to strengthen social cohesion and peace in vulnerable groups (Googhari et al., 2022). This approach is relevant for communities in the BANI era that face collective pressures such as social conflict, polarization, and uncertainty.

The results of this study also provide important policy implications, especially in the context of the mental health of Indonesians who are increasingly vulnerable to anxiety and digital stress. Given the high prevalence of anxiety in the 15–24 age group (Ministry of Health of the Republic of Indonesia, 2024), the integration of cognitive behavioral therapy (CBT) into public health programs is highly relevant. The government may consider incorporating basic CBT training, particularly mindfulness, restructuring, and behavioral activation techniques, into school health units (UKS), integrated health service posts (Posyandu), and campus counseling services. These programs can help students respond to academic and digital pressures more adaptively. Furthermore, the implementation of digital CBT-based application development can be part of national mental health policy, especially in areas with limited access to psychologists. However, the development of such applications must consider the risk of digital overload and ensure humanistic support features (Agusnur, 2025).

Thus, the results of this study not only provide a theoretical contribution but also provide a strong basis for the development of more adaptive, preventive, and responsive CBT-based mental health policies and programs to the challenges of the BANI era.

Future research should adopt a more rigorous experimental design, such as a randomized controlled trial (RCT), to measure the direct effect of CBT techniques on the formation of a peaceful mindset in a controlled setting. Longitudinal studies are also needed to assess the sustainability of peaceful mindset changes in the long term. Additionally, further research should explore the effectiveness of integrating CBT with AI technology, virtual reality, and digital platforms as a response to the psychological dynamics of modern society.

Overall, this study makes an important contribution to expanding the understanding of the role of CBT in shaping a peaceful mindset in the BANI era. These findings confirm that CBT is not only a clinical approach to reducing psychological symptoms, but also a therapeutic framework capable of building inner peace, emotional resilience, and cognitive stability in the face of the complexities of modern life. By integrating cognitive, emotional, social, spiritual, and technological aspects, CBT has the potential to become a more flexible, inclusive, and responsive therapeutic model for the future, addressing the psychosocial needs of the global community.

CONCLUSION

Cognitive Behavioral Therapy (CBT) has undergone significant development over the past fifteen years, shifting from traditional clinical approaches toward a more holistic, contextual, and integrative paradigm in shaping individuals' peaceful mindsets in the BANI era. Thematic analysis indicates that CBT has evolved from conventional clinical approaches to more diverse forms, including trauma healing approaches, empowerment-based CBT, social-humanistic approaches, integrative approaches (such as MBCT and ACT), community-based CBT, social-structural, existential, educational-curative, transcendental-spiritual, to digital approaches integrated with artificial intelligence (AI-integrated) that are relevant to the complexity of modern life.

A systematic review of eleven studies shows that CBT is able to adapt to various cultural contexts and populations, ranging from post-traumatic individuals to post-conflict communities, and transform into interventions that foster peace awareness, social empathy, and emotional balance. The integration of CBT with spiritual values, such as the practice of zikir, and modern AI-based technology expands its effectiveness as an integrative peace-based therapy capable of bridging the cognitive, affective, and spiritual dimensions of human beings.

From a technical perspective, five main strategies have been proven to play the most significant role in shaping a peaceful mindset, namely cognitive restructuring, cognitive reframing, mindfulness, relaxation training, and behavioral activation. These techniques work synergistically to help individuals change cognitive distortions, reduce emotional reactivity, and build reflective awareness of life experiences. Through this combination, CBT not only functions as a therapy for controlling psychological symptoms, but also as a transformational approach to fostering peaceful thinking, inner calm, optimism, and self-balance amid the complex social pressures of the BANI era. Going forward, the direction of CBT development can focus on collaboration between cognitive, spiritual, social, and technological aspects, such as AI-assisted CBT and virtual peace counseling, as well as the development of CBT counseling guidelines that adapt local values in shaping a peaceful mindset to strengthen its role in building a resilient generation that is peace-conscious and adaptive to global change.

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Muh. Syawal Hikmah: Writing – original draft, Validation, Methodology, Funding acquisition, Formal analysis, **Nur Hidayah**: Writing – review & editing, Writing – original draft, Methodology, Investigation, Formal analysis, Conceptualization, **Fitri Wahyuni**: Writing-review & editing. **Abi Fa'izzarahman Prabawa:** Writing – original draft, Software, Resources, Project administration.

DECLARATION OF COMPETING INTEREST

The author declares no conflict of interest. The study discussed in this correspondence was conducted independently and without any financial or personal relationships that could inappropriately influence or bias the content of the work. The views expressed in this letter are solely those of the author and are not influenced by any external parties or institutions.

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