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Culture-Centered Counseling to Growing Culture Empathy in The mids of The Interethnic Conflicts in Indonesia

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Abstract

This research was carried out in Indonesia , a country which can be said to have a wide variety of cultures where it is very possible for conflicts and friction between ethnic groups to emerge. The reason for the researchers who formed the background for this research in Indonesia, is because in reality Indonesia faces a fairly serious problem in terms of relations with ethnicity or groups and becomes a problem that has not yet been resolved . The purpose of this study is to examine the effectiveness of culture-centered counseling to foster cultural empathy in the midst of inter-ethnic conflict in Indonesia , the type of research this is a research experiment with the design of the study *one shot-case stud*. The subjects of this study were nine people who consisted of various cultural backgrounds . Data were collected using a cultural empathy questionnaire and tested using a *one-sample test* . Based on the results of the *one-sample test* the subjects of a counseling model centered on culture to foster cultural empathy in the midst of ethnic conflict in Indonesia are ($t_{count} 66,947 > t_{table} 2,306$). So this finding confirms that counseling centered on culture is effective in fostering cultural empathy amid conflicts between ethnic groups.

Keywords: counseling, culture, empathy, conflict, ethnic.

Introduction

Anarchic social conflicts often occur as if they are a potential that continues to haunt and threaten social order that leads to the disintegration of the Unitary State of the Republic of Indonesia. According to (Saleh Tajuddin, 2016) Conflicts that occur lately, namely indigenous and non-indigenous conflicts, conflicts between religious communities and conflicts over ethnic issues. Geographically, Indonesia is a pretty big country, both in light of the region consists of five major islands such as Papua, Maluku, Java, Kalimantan, Sulawesi and Sumatra, as well as small islands as much as 17,508 and 1,304 tribes and a population of 241 973 879 inhabitants.

The population density above, the Indonesian government can be said to experience many challenges in fostering ethnic relations. According to statistical data, Javanese are the largest ethnic group, around 40% of the population. So with a large population, large areas and abundant natural resources, Indonesia is a country with enough potential to progress quickly compared to other developing countries. But in reality, Indonesia faces a fairly serious problem in terms of ethnic or group relations.

The Indonesian Ministry of Research and Technology stated in (Saleh Tajuddin 2016) that the conflict in Indonesia was a horizon conflict based on religious and ethnic issues as well as an unbalanced welfare level factor. Experience everywhere, conflicts based on religious and ethnic issues are very easy to become violent conflicts and attract involvement of cross-regional actors and are very difficult to resolve. That is because conflicts based on religious and ethnic issues tend to exceed geographical boundaries and are not easy to negotiate and are not rational.

Conflicts with ethnic relations basically occur due to the lack of knowledge about the culture brought by each tribe, so a sense of tolerance and empathy has not been created from each tribe. Cultural understanding is the main focus so that each tribe has an understanding related to the cultural issues that are brought in each tribe, for this reason the role of counselor intervention can provide assistance in the form of cross-cultural communication and indigenous counseling in which help clients with understanding the cultural values carried by each client and counselor.

Counselors are required to have a rich understanding of various cultures outside of the counselor's own culture and the culture of each client in order to understand the cultural sensitivity. Specifically with regard to the cultural background of the tribe (the client). (Iswari, 2017) states counseling based on cultural awareness and pluralism can contribute to inter-tribal harmony, creating a sense of tolerance and empathy from each culture which ultimately makes it possible to maintain the integrity and stability of a country that is very vulnerable to conflict.

The implementation of cultural-centered counseling not only focuses on how the counselor understands the culture of clients and clients to the counselor but includes creating a different cultural understanding of each client from a different ethnic group meaning that culture-centered counseling provides cultural recognition to other tribes so there is no misunderstanding of mindset and belief in dealing with each culture when interacting. A clear example of the failure of understanding the culture of each ethnic group results in conflicts such as the events conveyed by (Fernando & Sadono, 2019) related to ethnic conflict in Kalimantan which is motivated by cultural contardiction due to lack of cultural understanding so that cultural empathy is not created for each ethnic.

Other news recently also delivered by a wide range of media-related unrest in the land of Papua and Papuans with community surabaya based on the cultural contradiction that involves a person who provoked where as if the people of Papua treated diskrimina tif and dianak tirikan by the people of Indonesia others for ethnic and racial contradictions. This is a clear evidence of the lack of cultural empathy or cultural understanding of the Papuan tribe so that it then provides divisions between ethnicities and the fading of unity among nations. So based on concrete evidence of ethnic conflict based on cultural contradictions over the lack of understanding in recognizing each culture that the author has described above, this study tries to provide a step to maintain the unity of the State through counseling services that focus on the culture of each client or tribe to foster cultural empathy between tribes so as to create a peaceful Indonesia.

Method

This type of research includes experimental research with a *Pre-Experimental* research design in the form of *One Shot-Case Study*. The sampling technique used was *purposive sampling technique* (sampling based on purpose). S

Ampel taken in this study were nine people consisting of various cultural backgrounds are different . The data obtained in the measurement k oe sioner cultural empathy in the form of interval data, then ku esioner using a Likert scale.

This validity test was carried out with the *bivariate person* correlation formula with SPSS version 15.0. and u ji reliability tests conducted by using the formula *alpha* with a significantly performed at the level of $\alpha = 0.05$. The data is then tested with the *One-Sample Test*.

Theoretical review

Counseling is centered on culture

(Muhammad F, 2019) argues that western cultures emphasize individualism, cognitiveism, freedom, and materialism, while eastern cultures emphasize communalism, emotionalism, determinism, and spiritualism. These concepts are not dichotomous continuum.

Submission of a model centered on a culture based on a framework correspondence culture counselor and counselee. It is believed, there is often a mismatch between counselors' assumptions and counselee groups about culture, even in their own culture. The counselee does not understand the fundamental cultural beliefs of the counselor nor does the counselor understand the cultural beliefs of the counselor. Or even both do not understand and do not want to share their cultural beliefs.

Therefore in this model culture is the center of attention. That is, the main focus of this model is a proper understanding of cultural values that have become beliefs and become individual behavior patterns. In this counseling the discovery and understanding of counselors and counselees on cultural roots becomes very important. In this way they can evaluate themselves so that an understanding of the identity and uniqueness of each other's perspective occurs.

Cultural empathy

According to (Gustini, 2017) Cultural empathy is defined based on opinions that define cultural empathy as empathy directed at people from different racial and ethnic cultural groups from one's own cultural group. This

cultural empathy is empathy and understanding of various cultures and ethnicities. Empathy towards culturally distinct cultural groups must relate to having a positive attitude towards a variety of specific groups.

In this research, cultural empathy is defined as the ability or capacity of individuals to know and understand different ethnicities or cultures, manifested through verbal expressions, feelings and attitudes that are based on awareness, self-knowledge, taking other cultural perspectives.

According to (Gustini, 2017) Cultural empathy focuses on 4 dimensions of cultural empathy expressed by Wang et.al (2003), namely :

1. Expression and empathetic feelings (empathic Feeling and Expression) focuses on verbal expression of thoughts and feelings of empathic culture against members of ethnic groups other.
2. Making Emphatic Perspective (Perspective Taking empathic) is the ability to understand how people with different ethnic backgrounds are thinking or feeling
3. Accepting Cultural Differences (Acceptance of Cultural Differences) is a feeling of acceptance when people from other ethnic groups behave as they do, for example, wearing traditional clothing, or speaking their own language
4. Awareness Emphatic (empathic Awareness) is an awareness or knowledge of a person about the experience of people from racial or ethnic groups different from one's own. This is an awareness of the emotions and experiences of others, especially those related to their experiences of discrimination or unfair treatment from different groups.

Ethnic Conflict

According to (Zakiyah, 2017) The ethnic conflict is a conflict related to the problem - urgent issues concerning political, economic, social, cultural, and territorial between two groups of ethnic or more . Ethnic conflicts are often nuanced in violence, but they may not. But usually ethnic conflict nuanced with violence and fall victim. Ethnic or ethnic group, usually have different cultures that differ from one another. Something that is considered good or sacred from certain tribes may not be the case for other tribes. Ethnic differences can lead to conflicts between ethnic groups.

(Faturachman, 2017). mentions that there is at least something that is common to the background of ethnic conflict in a place. these include prejudice or discrimination . Conflicts between ethnic groups that occur can be said to be due to the interests of several persons or parties who are intended to take advantage of the conflict. Conflicting ethnicities are very easy to compete with because of limited human resources. In the sense of lack of education and low economic level. Supposedly from each regional head in the conflict area must be firm to make or realize a policy when there is a conflict between ethnic groups. In the context of Indonesia itself, we often hear of conflicts between ethnic groups. Actually the root of this conflict is the backwardness of the people in the conflict area. Meanwhile, Sukamdi in (<http://dariuslekalawo.blogspot.com/2016/11/sosilogi-hukum-hukum-danpolitik-dalam.html>) states that conflicts between ethnic groups in Indonesia are affected by conflicts arising because of cultural conflicts The diversity of tribes, religions, races, and groups makes Indonesia a conflict-prone nation. In the east to the west end of this nation, we often hear screams and tears even covering the country. The motto that lies at the strong foot of the Garuda Bird "Unity in Diversity" seems not to animate the entire population of this nation. A sense of unity as a citizen is not the main thing, but the meaning of the word motto of this nation is merely mere discourse.

Discussion

The results of the analysis show that $t = 66.94$ was found. These results have been consulted with t table. Based on $n-1 = 8$ at a significance level of 5% obtained t table = 2,306. this means $t_{count} > t_{table}$. It means that H_0 is rejected H_1 is accepted so that it can be concluded that there is a significant influence of group counseling centered on culture in fostering cultural empathy in the midst of ethnic conflict.

Tabel 1. Mean and SD Cultural Empathy

| | N | M | SD | T |
|------------------|---|--------|-------|--------|
| Cultural Empathy | 9 | 157,44 | 7,055 | 66,94* |

Information

$t = 66,94^*$

So based on the results of the *One-Sample Test* above, counseling centered on culture can foster cultural empathy in the midst of ethnic conflict . Departing from the results of the above research that cultural empathy is an important thing to be handled by counselors, because if the community has cultural empathy in each tribe , it can create mutual respect and provide peace in living together. Culture-centered counseling has a role in growing cultural empathy in every ethnicity .

The results of this study then the authors compare with the results of previous studies related to cultural counseling as conveyed by (Subhi Rifai M, 2017) that the application of cross-cultural and religious counseling in MTs Negeri 2 Yogyakarta in handling several cases regarding the problem of independence of students proved to be also effective . This is due to a good change after the holding of the cultural counseling to students . The study 's elaras with the results of the study (Arif Maulana, 2014) on the model of group counseling based on culture Java with effective game technique to improve learning discipline sis SMK Pelita Nusantara 1 Semarang.

Supported also by the statement (Gustini, 2017) that cultural empathy is needed in interpersonal relationships and the therapeutic relationship (counseling) as set forth in humanistic theories and R ogers that empathy is a key element in creating a therapeutic relationship. Empathy theory is multidimensional and also as a basis or basis for growing other prosocial values, such as helping behavior (altruism), cooperation, forgiveness, skill, tolerance, adversity, love, friendship, and so forth.

The statement is evidenced by the results of research (Trisnani & Puspita, 2016) that the results of the research show about based cultural group Java effective for improving interpersonal communication in Madiun district vocational students. So based on the comparison and confirmation of other studies that are relevant to the results of this study, it can be revealed that culture-

centered counseling has a positive impact on the growth of culture in each ethnic group so as to create harmony and peace between ethnic groups that lead to stability and security. The Unitary State of the Republic of Indonesia.

Conclusion

Research counseling centers on this culture can only be done by a group of ber small scale so as to conduct extensive research, must be carried out gradually and can not be done with a group bers when large or in a face-to-face at once. But if it is done on a large group scale it can be used with different service strategies , such as with classical guidance through orientation and information between ethnic groups. The next research step is the relationship in developing this research, the writer will conduct a field study with a qualitative approach through observation , then describe and analyze the findings so that based on these findings a new model of cultural framed counseling is formulated .

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