
Religious Cultural Approach Group Counseling

Andra Mairoza^{1*)}, Silvianetri Silvianetri¹

¹UIN Mahmud Yunus Batusangkar

*Corresponding author, e-mail: andramairoza4@gmail.com

Abstract

This study explores the importance of religion-based group counseling for individuals in different age groups in Indonesia as they progress through various stages of religious development. Religion significantly influences social and cultural diversity, and religious practices are integral to Indonesia's cultural heritage. Religion-based counseling prioritizes individuals with a religious background, utilizing their faith's values, norms, and teachings as a foundational framework. With the majority of Indonesians being Muslims, the Islamic counseling approach holds a strategic position. Religion-based group counseling serves as a viable solution to support individuals of all ages in their religious growth. Conducted as a literature review, this research collects and analyzes data from diverse sources to elucidate the significance of religion-based group counseling. The study contributes to a deeper understanding and practical application of religion-based group counseling in Indonesia, raising awareness of its necessity and benefits in facilitating optimal religious development across different stages of life.

Keywords: Group Counseling; Religious Value; Cultural Approach



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Introduction

Religious values have a powerful impact on shaping human behavior and attitudes. When individuals exhibit good behavior and attitudes, it indicates their strong religious values within their faith. On the other hand, culture encompasses the totality of behavior patterns, arts, beliefs, institutions, and all other products of human work and thought. Culture reflects the characteristics of a society or population transmitted collectively. The Indonesia Dictionary defines culture as something that evolves and is difficult to change, also referring to manners or customs. In the discipline of social anthropology, Fathurrohman (2015:43) describes culture as a term that encompasses all systems of ideas about human actions and creations in the context of societal life acquired through learning.

In the field of education, culture plays a crucial role as a transmission of knowledge. Due to its broad scope, culture can be likened to software in the human brain that influences perception, identifies what is seen, directs focus on specific things, and avoids others. Koentjaningrat (in Daryanto, 2015:1) defines culture as a system of ideas that encompasses human actions and creations in societal life adopted by humans through the learning process.

The study and development of guidance and counseling theories based on religious values have become important because the majority of Muslims require guidance and counseling aligned with their beliefs and religion. Religiosity refers to the state and beliefs that exist within an individual, driving them to behave, act, and take actions in accordance with the teachings of their religion. This research aims to explain the importance of religion-based group counseling in assisting individuals in fulfilling the stages of religious development across various age groups.

Religious counseling serve as means of providing assistance to individuals facing spiritual difficulties, both mentally and spiritually, enabling them to overcome these challenges with their own capabilities, driven by faith and devotion to Allah. Religious counseling with an Islamic approach aims to help individuals facing difficulties, whether physical or mental, related to their present and future lives. The

purpose of the Islamic-based religious counseling approach is to empower individuals receiving assistance to understand themselves, and to guide and realize their potential in accordance with religious values.

Method

This research is a library research based on the study and analysis of the text. Source of data used in this research is library data. Library or library research is the deepening, processing and identification of existing library knowledge (reading sources, reference works or other research results). Library research or library research is research conducted by collecting data or scientific writing as a research subject. Data collection aims to solve a problem which is essentially oriented towards a critical and in-depth study of library materials. aims to explain the need for religion-based group counseling in helping clients meet the stages of religious development in various age groups.

The source of the data in this study came from research journal articles obtained from Google Scholar regarding religious and cultural counseling in 6 journal articles. In this study the authors used documentation techniques, where the process of searching and collecting data was in the form of notes, books, articles or papers, journals, and so on related to the issues discussed. The following are some of the studies obtained and used as data sources, including: Surau-Based Counseling in Tourism Development which was written (Irman et al. 2020), Group Counseling to Increase Confidence in Studying: Literary Studies (Marliani , Siagian 2017), Internalization The Use of Kato Nan Ampek in Student Interpersonal Communication at MAN 3 Batusangkar (Yeni and Netri 2021), Implementation of Kato Nan Ampek is Underway Counseling by Counselors in West Sumatra. (Khairiah and Silvianetri 2022), The Influence of Islamic Guidance in Raising Congregational Prayer Awareness for Students (Afnilaswati, Meldawanti, and Ardimen 2021), Group Guidance Model with Muhasabah Approach (Ardimen et al. 2019).

Results and Discussion

Six journals show that group counseling with a religious culture approach can be used as an innovation and a treasure trove for counselors in applying group counseling techniques to address client problems. The implementation of group counseling with a religious cultural approach can overcome various problems experienced by clients. From the 6 journals it can be understood that the application of group counseling to the religious culture approach can be applied to problems related to human nature, especially the client's religious problems. This research shows that through religion-based group counseling, clients get a safe space and support to better face and fulfill their stages of religious development. Counselors or therapists who are trained in this approach can guide clients through this process and help them achieve better religious well-being. The results of this study are also supported by the statement According to Geertz (1973), individual behavior as members of society is influenced and bound by culture through institutions. -institutions that act as control mechanisms against human behavior. Cohen (1998) revealed that culture has a role in shaping individual behavior, thoughts, perceptions, values, goals, morals, and cognitive processes (Firman 2017).

Religion-based group counseling research shows several reasons that support the importance of this approach. First, religion-based group counseling provides group support that allows clients to interact with individuals who have similar religious beliefs. This interaction provides strong social support and mutual understanding, which plays an important role in meeting the stages of religious development. Second, this group helps in forming religious identity. In a faith-based group environment, clients can find role models, mentors, or fellow group members who help them better explore and develop their religious identity. Furthermore, within these groups, members can learn from each other and exchange information about diverse religious teachings, practices, and experiences. This helps clients broaden their understanding of religion and gain new insights through other people's perspectives.

Conflicts related to religious beliefs or practices can also be resolved through faith-based group counseling. Through interactions with fellow group members and counselors, clients can find solutions to problems, develop coping strategies, and achieve reconciliation with their values and beliefs. In addition, religion-based group counseling also plays a role in developing the spiritual skills needed in the stages of religious development. Practices such as meditation, prayer, reflection and other spiritual practices can be developed within this group environment to support religious growth and maturity. Finally, faith-based group counseling helps strengthen the client's religious community. Through better connectedness with the community, clients feel an increased sense of attachment, participation, and support in religious and social activities run by the community.

Table 1. Systematic Literature Review Recapitulation

No	Judul	Tahun	Hasil Penelitian	Penulis
1	Surau-Based Extension in Tourism Development	2020	Surau-based counseling fosters the spiritual awareness of the younger generation and mothers and has implications for daily behavior. The impact of this awareness raises the desire to make the surau a central activity in building spiritual values for the tourism base in Nagari Pariangan. Spiritual-based tourism will be unique in developing tourism in the Minang Realm (Irman et al. 2020)	Irman, Mursal, Fadhillah Syafwar, Sylvianetri, Zubaidah, Putri Yeni
2	Group Counseling To Increase Confidence in Studying: Study of Literature	2022	Based on the literature study conducted, it is known that the application of group counseling is effective or capable and has an effect on increasing self-confidence in learning both at school and in tertiary institutions (Marliani, Siagian 2017)	Sabarrudin, Sylvianetri, Juliana Nelisma
3	Internalization of the Use of Kato Nan Ampek in Student Interpersonal Communication at MAN 3 Batusangkar	2021	Interpersonal communication is a very important thing for us to master, when interacting with other people communication is a bridge between us and other people. So that the ineffectiveness of communication will cause problems. "Kato nan Ampek" namely manners and ethics of speaking is differentiated by four (ampek) types of communication partners. A A . Navis explains kato nan ampek, namely (a) Kato Mandaki, namely the words and manners used when we communicate with people who are older and more respected because of their position. (b) Kato Mandata, namely words and manners that are used when we communicate with peers. (c) Kato Malereng, namely the words and manners that are used when we communicate with the people we relate to. (d) Kato Manurun, namely words and manners that are used when we communicate with younger people (Yeni dan Netri 2021)	Putri Yeni, Sylvianetri
4	Implementation of Kato Nan Ampek in Progress Counseling By A Counselor In West Sumatra	2022	The application of Kato nan Ampek in the counseling process by counselors in West Sumatra aims to build a good therapeutic relationship between the counselor and the client, where using Kato nan Ampek will make it easier for the counselor to place the vocabulary used by the client he is dealing with. In addition,	Vio Litia Khairiah, Sylvianetri

5	The Influence of Islamic Guidance in Raising Congregational Prayer Awareness for Students	2018	<p>the use of Kato nan Ampek by counselors in West Sumatra can also expedite the counseling process between counselor and client (Khairiah dan Silvianetri 2022)</p> <p>Islamic counseling increases students' awareness of the Dzuhur prayer in congregation after being given the classical format Islamic counseling treatment. There is a significant influence of classical format Islamic guidance in increasing students' understanding of the midday prayer in congregation. Based on the research conclusions, suggestions related to research are; Guidance and Counseling teachers in schools can use the classical format of Islamic Guidance and Counseling to overcome student problems related to the lack of awareness for congregational prayers. Guidance and Counseling practitioners can use the classical format of Guidance and Counseling to increase awareness in increasing awareness of congregational prayers, and future researchers can use Guidance and Counseling in the classical format to increase awareness of other positive aspects in life (Wati dan Silvianetri 2018)</p>	Widia Silvianetri	Wati,
6	Group Guidance Model with Muhasabah Approach	2019	<p>Group counseling with a muhasabah approach is to facilitate optimal and comprehensive individual development in various aspects of self-development, especially increasing self-identity, self-concept, self-confidence, self-regulation, self-integrity, self-adjustment, self-motivation, achievement motivation, religious commitment, and attitudes optimistic in facing life's changing challenges (Ardimen et al. 2019)</p>	Ardimen, Neviyarni, Firman, Gustina, Karneli, Yeni	

Religious Cultural Group Counseling is the right and very good approach as an effort to deal with client problems. The following is a more detailed study that supports the implementation of religious cultural group counseling as Corey 2009 says that counselors with an educational background based on Western traditions need to be sensitive to differences when working with Asian American students and their parents. It is important for counselors with a Western approach to counseling to be sensitive and able to adapt to the cultural values of their clients. Corey also emphasizes that at the end of each chapter that discusses counseling approaches, there is an acknowledgment of limitations in cross-cultural contexts. (Corey 2009)

Conclusion

The application of religious culture group counseling is effective in providing assistance to clients. The study of group counseling guidance that pays attention to religious culture is theoretically a development of guidance and counseling. Group guidance based on religious values is a client's need because the majority of Indonesia's population, who are predominantly Muslim, need guidance and counseling according to

their beliefs and religion. Religion is a condition and belief that exists within a person that can encourage that person to behave, behave, act and act in accordance with the teachings of the religion he adheres to. Religious values greatly affect human behavior and attitudes, if a person's behavior and attitude is good then that person has good religious values for his religion.

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