LITERATURE STUDY: APPLICATION OF MULTICULTURAL COUNSELLING IN OVERCOMING ETHNIC STEREOTYPES

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ABSTRACT

Counseling is a process of assistance provided by counselors to counselees in overcoming obstacles and problems that are being experienced. In its implementation, the counseling process involves a close relationship between the counselor and the counselee with different cultural backgrounds to achieve goals effectively, but in Indonesia, there is so much diversity in values, morals, customs, beliefs, ethnicity, and culture that creates stereotypes. This research aims to explain and describe the application of multicultural counseling to overcome ethnic stereotypes. This research uses a qualitative approach with a literature study method. Data was collected through the review of books, journals, and other sources related to multicultural counseling, and the implementation of multicultural counseling to overcome existing stereotypes, especially ethnicity. The result of this study is that the implementation of multicultural counseling to overcome ethnic stereotypes is considered effective. In addition, the use of multicultural counseling in the educational environment with the participation of professional counselors provides cultural understanding to students with different cultural backgrounds.

Keywords: counseling, multicultural, stereotypes

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INTRODUCTION

Indonesia is a nation rich in ethnic, national, linguistic, and cultural diversity. This has become the distinguishing identity of the Indonesian nation from other countries. The differences that exist should still make a unifier for its people, following the guidelines of the Indonesian nation, namely Bhineka Tunggal Ika, which means that it is different but still one. However, in society, there are still many negative stigmas that cause a lack of tolerance. These negative stigmas are called stereotypes, which are thoughts or judgments about a social group that are used to influence other groups. This inter-ethnic judgment or stereotype is intended to show a sense of nationality, but if this stereotype does not match the reality of an ethnic group, it can have an impact on the emergence of gaps in inter-ethnic relations.

Every tribe and nation has its view of other tribes, as well as the view of ethnic Madurese. Javanese ethnicity is one of the ethnicities with a culture of migrating to other areas including in Madura, this can cause them to interact with each other because of social needs, marriage ties, and mutual knowledge and judgment so that it is inevitable that there are different understandings or stereotypes of the two ethnicities. In the view of Javanese society, Madurese are primitive, rude, easily angered when offended, always want to win themselves and solve problems by violence. In addition, in terms of education, Madurese is seen as having a low level of education, not smart, not having higher education and the majority only graduated from elementary school (SD).

Madura and Surabaya are separated by the Madura Strait which causes Madura to be less noticed so that Madurese people are seen as backward, conservative, hard, violent, and easy to use weapons to solve problems, and have cultural authenticity that is untouched by industrial development, social stereotypes or views that have existed even before the Suramadu Bridge was operated. In addition, environmental factors that are less favorable with dry and relatively arid land also allow Madurese people to live a hard life so that the emergence of these cultural perspectives.

Stereotypes or negative judgments given to certain groups or ethnicities can have serious social and psychological impacts on the people of those groups or ethnicities. Stereotypes can lead to strong social disparities and inequalities, psychological distress, feelings of inferiority, depression and anxiety, and even mental disorders. Based on this, it is necessary to overcome ethnic stereotypes which can be done through a multicultural counseling approach.

Counseling is a process of assistance provided by counselors to counselees in overcoming obstacles and problems that occur so that they can develop their full potential. The counseling process involves a close relationship between the counselor and the counselor to achieve goals and run the process effectively. However, in an individual relationship, there are certainly differences in the background in attitude, customs, race, ethnicity, gender, religion, and culture that can trigger social conflict. According to Murtaqo, it is very important to provide emotional support to counselors so that counselors must have a high awareness of personal and cultural values. Therefore, it is expected that counselors can provide positive things through multicultural counseling to overcome existing stereotypes.

Thus, it is expected that the results of this study support the theory expressed by Hays and Erford that culturally sensitive counselors are counselors who understand and appreciate the cultural differences between themselves and their counselors. It is related to multicultural counseling which is used to

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understand and appreciate the cultural differences of the counselee to show respect for each other. Therefore, this research was conducted to find out the role of multicultural counseling in overcoming ethnic stereotyping problems. This research was conducted with a qualitative description approach of literature study type to get a description and understanding of ethnic stereotypes and their impact on society. The results of this study indicate that multicultural counseling can overcome ethnic stereotypes that exist in the community and is expected to provide recommendations for further improvement of the stereotyping problems that exist in the community.

METHOD

The approach used in this research is a descriptive qualitative approach with a literature study research type. Descriptive qualitative aims to describe ethnic stereotypes, their impact on society, and the role of multicultural counseling. The data used in this research is secondary data obtained indirectly. Data is obtained from various reading sources such as articles and journals that have similar themes. The literature study was conducted by reading, comparing, examining, and summarizing the sources which were then described precisely because it aims to provide a clear and precise understanding.

RESULT AND DISCUSSION

A stereotype is an assessment of someone based on perception so that they quickly make incorrect decisions. Baron, Byrne, and Branscombe affirm stereotypes as beliefs about the nature or characteristics of social groups or individuals that are used to influence other people or other groups. It can be interpreted that a stereotype is a way of viewing a social group that can be used to influence other groups. In psychology, stereotypes are explained as thoughts that are widely accepted to represent a group of individuals or behavior as a whole, but it is not uncommon for these thoughts to not reflect existing facts. However, you need to know that perception and stereotypes are different things because stereotypes can influence perceptions positively or negatively, then perceptions affect the effectiveness of cultural interactions and cause cultural conflicts.

Ethnic stereotypes are inaccurate, often exaggerated beliefs about a group of people based on their ethnic or national origin. The existence of stereotypes does not just appear, sometimes the perception in their minds arises because they have had bad personal experiences. However, it is not only based on their experiences, several other factors cause the emergence of stereotypes, especially ethnic stereotypes, namely of course because the natural state of diversity gives rise to different patterns and impacts. Ethnic pluralism also gives birth to ethnic groups because each ethnic group has a sense of superiority over other ethnicities, for example, Javanese people feel they are sophisticated people, Ambonese people feel they are hard workers, and Bugis people from Makassar feel they are skilled sailors. , and the Padangan people feel that they are good traders. This can give rise to social prejudice that arises due to ignorance of each other and concerns in the form of bad stereotypes towards various existing ethnicities, it can also be caused by it being ingrained from childhood for generations, so that even before they know a certain person (ethnicity), they already carry out generalizations in assessing the person (ethnicity) negatively based on what they

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hear. Of course, the existence of ethnic stereotypes often causes friction which leads to individual or group conflicts which can cause physical and psychological harm.

Multicultural counseling is one of the counseling used to understand counselees with different background characteristics because in counseling there are often cultural biases that result in an ineffective counseling process. To avoid this, counselors are expected to have characteristics such as; being aware of culture, understanding counseling characteristics, and being able to provide cultural empathy. In addition, counselors must be aware of the differences in backgrounds, especially aware of personal values about human behavior so that they are ready to face the counselee. In its implementation, multicultural counseling aims to understand, acknowledge, and appreciate the differences that exist between individuals because in counseling there is a social relationship between counselors and counselees with different backgrounds, especially culture. The following are some journals that review and analyze the implementation of multicultural counseling

1. Optimizing the Role of Multicultural Counseling in Creating a Tolerant Environment (2024). Multicultural counseling is an important counseling approach in the world of education, especially in Indonesia because of diversity related to race, ethnicity, culture, and beliefs. In addition, multicultural counseling does not ignore traditional approaches so that counselors or counseling teachers can be aware of the cultural diversity of learners including their characteristics and backgrounds, and show a sense of cultural empathy. The implementation in schools is the ethnic differences of learners so it requires a deep understanding of cultural differences. Therefore, more emphasis is placed on counselors' technical skills related to counseling theories and strategies in a multicultural context. It can be concluded that multicultural counseling is used in educational settings to address cultural diversity by involving professional counselors.

2. The Role of Multicultural Counseling in Overcoming the Stigma of Mental Health Disorders (2019). The journal explains that multicultural counseling provides a role to the people of Jambu Rejo village in educating mental health disorders. Researchers conducted research in Jambu Rejo village by collecting data through interviews. Based on the results of the interview, there is a negative stigma related to mental health disorders caused by differences in cultural backgrounds, values, and individual beliefs. Multicultural counseling is conducted by cultural counselors to open people's minds related to culture so that they can appreciate personal values and acceptance of culture. The results of the researcher's interview showed that there was a condition of understanding and awareness of cultural differences which was followed up with cultural education from the counselor. In addition, the counselor provides accurate information related to culture so that there is no negative assessment or stereotyping, then provides social support to build good social relationships with family, friends, and the surrounding environment that has cultural differences.

3. The impact of stereotypes in multicultural counseling requires the development of effective coping strategies. These include clinical approaches focused on cultural sensitivity, training counselors in

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understanding and addressing stereotypes and developing policies that support inclusion and equity in mental health services. For example, Patel and Jones (2021) conducted a meta-analysis of various interventions to reduce stereotyping in counseling contexts. They found that approaches that focus on raising awareness, shaping positive perceptions, and using cognitive-behavioral techniques can be effective in reducing the impact of stereotypes in counseling interactions.

4. Cross-Cultural Guidance and Counseling in Bridging Differences in Multicultural Societies (2023). A qualitative study to measure the influence of cross-cultural guidance and counseling that builds intercultural understanding and reduces conflict. This study shows that guidance and counseling can bridge differences in a multicultural society. This is because society is made up of individuals who have diverse backgrounds, cultures, values, and norms, which often gives rise to conflict or misunderstanding. Researchers mention the benefits of multicultural counseling for people related to cultural differences, namely:
   1) Develop people's awareness regarding their own culture
   2) Make communication effective
   3) Creating an inclusive and fair environment for a multicultural society
   4) Multicultural counseling does not only focus on the individual but is also comprehensive

CONCLUSION

Based on the research results that have been described in the context of overcoming stereotypes against an ethnicity, the role of multicultural counseling is very important. Multicultural counselors can help individuals overcome stereotypes through approaches that focus on raising awareness, forming positive perceptions, and using cognitive-behavioral techniques that can effectively reduce the impact of stereotypes in counseling interactions. In some of the case examples in the journals reviewed by researchers, the presence of multicultural counselors is crucial due to cultural diversity and the need for cultural sensitivity in establishing relationships with clients. Multicultural counselors also play a role in combating society-wide stereotypes and increasing understanding of mental health as a whole. Thus, multicultural counseling has a significant role in helping individuals overcome stereotypes and provide effective counseling services in this pluralistic society.

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