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**STUDENT PERSPECTIVES ON CULTURAL IDENTITY IN MULTICULTURAL**  
**COUNSELING**

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**ABSTRACT**

*In our world today, it is very important to look at cultural identity when talking about counseling people from many cultures. This writing looks at what students think about cultural identity in multicultural counseling. By reading a lot of books and papers, this writing will look at students' views and how cultural identity helps understand the challenges of multicultural counseling for counselors and clients. Language, religion, cultural values, and social norms will be the focus in shaping individual identities in counseling. Additionally, this writing shows how cultural awareness is very important for counselors to build good relationships with clients from many cultural backgrounds. This study looked at many writings to see what pupils think about how their culture impacts counseling. It checked journal pieces, books, and other works that smart people checked. The aim was to learn how pupils see the value of cultural identity when counseling people from diverse backgrounds. The look into shows that kids think it is big to get how their way of life shapes who they are. They need helpers who get different ways of life. It is very important for helpers to know what is important to the kid they help. The helper should respect how the kid's way of life shapes what they do and feel. Understanding each other helps the helper do a good job for the kid they help. It stops mix-ups and makes helping the kid work well.*

**Keywords:** Cultural Identity, Student' Perspectives, Multicultural Counseling

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### **INTRODUCTION**

Globalization, or the rapid diffusion of ideas, goods and people in culture, has a profound effect on how adolescents and young people (ages 10-29) form their identities. Recent events such as the conferences in Chile and young workers migrating to China highlights changes in traditional values. These articles show how the world is becoming more connected. It impacts big things like gender, marriage, work, and beliefs. Young people today see many cultures. This makes forming their own culture harder. They make choices from many cultures. Their culture is shaped by choices and things across cultures. Making choices has different results. It gives us new chances. But it also has risks. Globalization impacts young people a lot. This is because of the media. It is also because more people are moving to cities. When young people move from rural to urban areas, they can get new jobs. They can also be more independent. But this can sometimes go against what their families expect. Berry's policy on immigration gives a way to see how globalization affects cultural identity. It has four possible patterns: assimilate, separate, integrate, or marginalize.

Many people need help with talking with others in different places. People come from many cultures. Counselors must understand many cultures to help people well. But many counselors do not know how to help people from other cultures very well. Understanding how culture and ethnicity influence interpersonal development is important, emphasizing the importance of incorporating a multicultural perspective in counseling. They create a more inclusive therapeutic environment by embracing multicultural counseling principles alongside traditional methods. Culturally competent counselors engage actively with a prioritization of cultural differences and a commitment to continuous learning to navigate a variety of ethical situations. This study aims to explore the concepts and predictions of multicultural competence, providing insights into the development of culturally sensitive models in the Indonesian context.

This study highlights the importance of understanding cultural identity in multicultural counseling settings. The current era of globalization has given rise to a complex cultural identity that has become a challenge in the culture of providing quality counseling services. Counselors must have a deep knowledge of how culture affects people. This includes language, religion, norms, and social rules. These things shape who people are and impact counseling.

This article looks at how teens and young adults (ages 10-29) have more complex cultural identities due to globalization and cultural conflicts. Globalization lets people move across ideas, objects, and cultures. Events like the youth movement and young workers going to China show a big change from how people talk in the past. This changes how young people in Chile make who they are. It shows how globalization impacts big things like gender, marriage, work, and what people think is right or wrong.

### **METHOD**

This study employed a literature review approach to explore students' perspectives on cultural identity within the realm of multicultural counseling. A comprehensive search was conducted across various academic databases, including PubMed, Google Scholar, etc, using keywords such as "cultural identity," "multicultural counseling," and "student perspectives." Articles, books, and peer-reviewed

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journals were reviewed to gather insights into the role of cultural identity in multicultural counseling as perceived by students. The literature provided valuable perspectives on the influence of language, religion, cultural values, and social norms in shaping individual identity within counseling contexts.

### **RESULT AND DISCUSSION**

#### **Definition of Culture Identity.**

Identity encompasses both sameness and difference, representing the unique characteristics of individuals or groups. Stemming from the Latin 'idem,' meaning 'same,' and embracing both commonalities and distinctions, identity has dual dimensions: similarity and difference. Individual identity consists of personal and social aspects. Personal identity arises from self-assessment and includes physical and psychological traits like appearance and behavior. Social identity, shaped by external recognition, involves an individual's affiliation with specific groups based on attributes like religion and ethnicity.

Cultural identity relates to awareness of group-specific characteristics, encompassing living habits, language, and values. Ethnic identity, closely tied to cultural identity, categorizes individuals based on cultural traits and influences resource distribution. Lastly, regional identity is tied to territorial boundaries, evolving into national identities and often reflecting political structures.

#### **Multicultural Counseling**

Palmer dan Laungani (2008: 97-109) proposed tiga model konseling lintas budaya, yaitu model berpusat budaya, model integratif, dan model etnomedis (Palmer & Laungani, 2008: 97-109).

##### **Culture Centered Model**

Palmer and Laungani (2008) highlight contrasting cultural values between Western and Eastern cultures, emphasizing individualism and materialism in the West, and communalism and spiritualism in the East. They view these concepts not as binary opposites but as existing on a continuum. In their culture-centered model, understanding cultural values is central to counseling. Both counselor and counselee's awareness and understanding of their cultural roots are vital. This approach facilitates self-evaluation, enhancing understanding of one's identity and perspective. The model underscores the importance of cultural compatibility between counselor and counselee. Often, there's a mismatch in cultural assumptions even within the same culture. Misunderstandings can arise from the lack of comprehension or reluctance to share cultural beliefs between both parties.

##### **Integrative Model**

Based on testing the model with Black Americans, Jones (Palmer and Laungani, 2008) developed four classes of variables as conceptual guidelines for the integrative counseling model:

- 1) Reactions to racial oppression.
- 2) Influence of the majority culture.
- 3) Influence of traditional culture.
- 4) Individual and family experiences and gifts.

Jones (Palmer and Laungani, 2008) suggests that it is difficult to separate the influence of all these classes of variables. According to him, the key to successful counseling lies in the accurate assessment of traditional cultural experiences as a source of personal development. Traditional culture here refers to all

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experiences that help individuals develop, whether consciously or unconsciously. Unconscious aspects include cultural values passed down from generation to generation, as described by Jung (1972) with the term 'collective unconscious'. Therefore, the strength of this counseling model lies in its ability to access the individual's traditional cultural values from the above variables.

### Ethnomedical Model

The ethnomedical model was first proposed by Ahmed and Fraser (1979) and then further developed by Alladin (1993). This model is a cross-cultural counseling tool that aims to facilitate therapeutic dialogue and enhance cross-cultural sensitivity. In this model, the individual is placed in the conception of illness in the cultural context, using the nine dimensional model as a framework.

#### 1) View of illness:

A person is considered sick if:

- a) Commits offenses against cultural norms.
- b) Breaches the boundaries of religious beliefs and commits sins.
- c) Commits an offense against the law.
- d) Experiencing interpersonal problems.

#### 2) Beliefs about Cause/Healing:

- a) Describe the healing model applied in counseling.
- b) Tailoring the approach to the counselor's beliefs.
- c) Treat the counselor's beliefs as something the counselor is familiar with.
- d) Emphasizing the importance of sharing common beliefs between individuals from different cultures.

#### 3) Health Criteria:

Health for a person is characterized by harmony between himself and his natural environment. This includes adaptive ability and adherence to social norms in one's community.

- a) Having an understanding of the difference between health and illness.
- b) Able to cope with problems according to their context.
- c) Can overcome barriers in interpersonal relationships.
- d) Is aware of his/her own culture and understands it.

#### 4) Beliefs about Body Function:

- Cultural perspectives are integrated in a more profound framework of thinking.
- The counselor's social and occupational conditions improve in daily life.
- Emergence of effective intrapsychic abilities in the counselor.

#### 5) Beliefs about the Effectiveness of Health Practices:

This involves implementing problem solutions with respect to the health beliefs of the counselor.

According to Dyche & Zayas, Holland, Martinez, and Ridley & Dingle (in McLeod, 2006), most multicultural counseling practices are based on a set of principles or beliefs, rather than a specific set of techniques or skills. Multicultural counselors have the flexibility to use various forms of delivery, including individual, couple, family, or group, and can apply specific interventions such as relaxation training, dream analysis, or empathic reflection. However, it is important to note that multicultural counseling is not to be

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confused with mainstream approaches in counseling such as psychodynamic, person-centered, cognitive-behavioral, or systemic. Rather, multicultural counseling is an integrative approach that uses basic cultural theories as a basis for selecting counseling ideas and techniques (McLeod, 2006).

The principles of multicultural counseling are important to ensure openness and respect for cultural differences in the counseling process. Here are the main points:

- a. Personal Counsellor
  - Self-awareness and understanding of personal cultural history and experiences.
  - Understanding of experiences within our own cultural environment.
  - Sensitivity to personal values and beliefs.
- b. Client Understanding
  - Awareness and understanding of the client's cultural history and experiences.
  - Understanding of the client's cultural environment.
  - Sensitivity to the client's values and beliefs.
- c. Counselor in the Counseling Process
  - Active listening and showing genuine concern for the client.
  - Non-verbal and verbal responses that demonstrate understanding of the client.
  - Empathy and encouragement to seek realistic solutions.
  - Patiently asking for clarification and remaining optimistic and alert when not understanding.

Cross-cultural or multicultural counseling is a counseling process in which the counselor and client come from different cultural backgrounds. In this process, attention is paid to the culture of the subjects involved in counseling. That is, it involves the incorporation of various cultures, such as national, ethnic, and other cultural groups that have a role to play in the counseling process. For counselors, it is important to understand the specific cultural aspects of counseling and their counseling style, so that they can deal with them more skillfully by taking into account the cultural variables present (Jumarini in Suwarni, 2016).

The research design used in this study of student perspectives on cultural identity in multicultural counselling involved an in-depth literature review. Data was collected through a comprehensive search across various academic databases using keywords such as "cultural identity," "multicultural counselling," and "student perspectives". Data analysis was conducted by reviewing peer-reviewed articles, books, and journals to gain insight into the role of cultural identity in multicultural counselling as seen by university students.

The study highlights the importance of cultural awareness for counsellors in building effective relationships with clients from various cultural backgrounds. Factors such as language, religion, cultural values, and social norms come into focus in shaping individual identity in the counselling context. Moreover, the integration of multicultural counselling principles with traditional methods can create a more inclusive therapeutic space, promoting effective engagement with clients from different cultural backgrounds.

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Awareness of cultural identity and cultural sensitivity are important aspects in addressing the challenges of multicultural counselling and building effective relationships with clients. Culturally competent counsellors are expected to actively engage with cultural differences and are committed to continuous learning to ethically navigate diverse contexts. By combining multicultural counselling principles with traditional methods, a more inclusive therapeutic space can be created, promoting effective engagement with clients from different cultural backgrounds.

Students noticed some large matters in understanding organization identification and plenty of-cultural counseling. First, being conscious of many cultures is a massive a part of liking and understanding cultural diversity. Understanding group values and traditions allows counselors supply better and greater relevant counseling services made for customers' cultural backgrounds. Second, seeing cultural differences is key in lots of-cultural counseling. Identifying and respecting cultural differences lets in counselors to work higher with clients, not having misunderstandings, and getting the exceptional counseling consequences.

In addition, multicultural capabilities are very essential components in multicultural counseling practice. Counselors can see and react to cultural, racial, ethnic and other historical differences in a good way. They learn about different cultures and how to work with them. Counselors who know a lot about cultures can work better with businesses. They don't misunderstand things. They make counseling go smoothly. Counselors learn how to be aware of many cultures. This helps them work well. There are many things that make people different from their counselor. These things include age, job, if they are married or not, who they love, and how much money they have. All of these differences impact how counseling works when people are from different cultures.

It is very important to respect and accept people's unique beliefs. This can help people with different emotions work together well. People with different feelings need to communicate effectively with people who have diverse backgrounds. They must respect anybody's mind and paintings with them to attain dreams. When both people admire and appreciate- each other, speakme approximately chargelings works quality.

A counseling vicinity makes human beings feel correct. They understand you hear them. They know you recognize them. They realize you recognize them. Counseling mixes understanding, abilities, emotions, and motives to help human beings. Great counselors can help people with existence challenges. When counseling throughout cultures, counselors have to reflect onconsideration on matters. They need to use desirable ways. They have to use multicultural approaches, build multicultural skills, and understand cultural values. This enables them understand and work with many humans.

## **CONCLUSION**

Students give more attention about the importance of understanding cultural identity in counseling. They give highlighted that cultural identity is about combines both shared and unique traits within individuals or groups. Students appreciated the perspectives provided by the multicultural, integrative, and ethnomedical models as they present valuable frameworks for comprehending and honoring diverse identities. According to students' perceptions, successful multicultural counseling

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demands counselors to possess self-awareness, a profound understanding of clients' backgrounds, and effective communication skills. By embracing and leveraging cultural differences, counselors can provide respectful and impactful counseling that meets the unique needs of clients from diverse backgrounds.

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