



**THE 2nd INTERNATIONAL CONFERENCE ON GUIDANCE AND COUNSELING**  
**“COUNSELING RESONANCES ON**  
**MENTAL HEALTH EMERGENCIES AND AWARENESS”**

**UNDERSTANDING PATRIARCHAL CULTURE IN GENERATION Z**  
**AND IN MULTICULTURAL COUNSELING**

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**ABSTRACT**

*Generation Z's views on patriarchal culture are an interesting and relevant topic in today's social and psychological development. Generation Z perceives patriarchal culture as a system that gives superiority to men in various aspects of life, which then results in the complexity of gender inequality and injustice in society. The purpose of this study is to explore Generation Z's understanding of patriarchal culture and evaluate multicultural counseling perspectives on it. This research approach uses descriptive qualitative methods to provide an overview of patriarchal cultural phenomena, supported by literature research methods in data collection and analysis. Data is obtained through the collection and analysis of patriarchal cultural phenomena experienced by Generation Z. The results of the data analysis aim to gain a deeper understanding of the way patriarchal culture is understood in society, especially by Generation Z.*

**Keywords:** Patriarchal Culture, Generation Z, Multicultural Counseling

## Understanding Patriarchal Culture in Generation Z and in Multicultural Counseling

### INTRODUCTION

According to the definition in the Big Dictionary Indonesian, patriarchal culture refers to a family system that prioritizes lineage from the paternal side. Patriarchy is a term that describes a cultural system in which people's lives are governed by dominating parties by male figures or what is referred to as "fatherhood". This concept reflects the structure of society organized by paternal lineage, signifying that power, leadership, and governance are held by the oldest male or male. In patriarchal systems, women often do not get the attention they deserve and have little influence. With their power, men can determine the roles that women should play, whether through direct pressure, ritual practices, customs, laws, the use of language, culture, social norms, etiquette, education, or in the distribution of duties, thus causing women to be in a lower position than men, as expressed by Erika, in Saifuddin & Diana (2022).

In the context of patriarchy, the system of inheritance, property ownership, and family authority, generally held by fathers, is passed down to sons. This term, as stated by Kamla Bashin (1996: 1) quoted by Saifuddin & Diana (2022), generally refers to male dominance, especially in power relations between men and women which often show male superiority over women through various means. In patriarchal culture, the existence of patriarchy is considered a common thing. Both parties consider that having dominant power is common, because it is considered an inherent right or authority of the individual. According to Sajogyo (1985: 41) as quoted by Karkono, et al (2020), in the patrarki society, it is often considered natural that the husband has a good decision in making decisions related to various aspects of family life.

The concept of patriarchy is used to describe a social structure or ideology in which men as the dominant group control power over women. In this system, there is a belief or ideology that men have a higher position than women, and that women should submit to men. Moral and legal norms are often double standards that grant more rights to men than women, and these are based on patriarchal principles. The term patriarchy refers to a system that oppresses and degrades women, both in the context of family and society (Bhasin & Khan, as stated in the Book of Women, Society, and Gender Equality, compiled by Lusia Palulungan, et al, 2020).

Understanding patriarchal culture is becoming increasingly essential, especially in the context of the social and psychological development of generation Z. This group, born between the mid-1990s and early 2010s, grew up in an era where the development of technology and information was very fast, but was still affected by social structures influenced by patriarchal culture. Generation Z is a group that is accustomed to technology from an early age (Youarti and Hidayah, as mentioned in Ali M and Ridwan, 2022). They prefer to interact with smartphone devices and use online platforms, so they rarely have face-to-face communication with friends or family (Rachmayanie, et al., 2020 in Ali M and Ridwan, 2022). They have developed the habit of communicating through various internet platforms such as WhatsApp, Facebook, Instagram, Twitter, and others. Patriarchal culture, which gives advantages to men in various aspects of life.

Don Tapscott, quoted by Yuli Kristiowati (2021), identifies the characteristics of generation Z through "eight norms" that describe them as a united group:

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1. "Freedom" – Generation Z pursues freedom, choice, and variety in all aspects of their lives. They would rather pursue a job that suits their preferences than follow the conventional path after college. Flexibility in location and work schedule is what they want.
2. "Customization" – Unlike previous generations who received products in bulk, generation Z is more likely to tailor their purchases and even work according to their personal wishes.
3. "Surveillance" – Being accustomed to the variety of media available, generation Z is naturally skeptical of the information they receive. They tend to check the veracity of every piece of information and reject any form of lying.
4. "Integrity" – Generation Z demands integrity from companies and institutions. They value transparency and honesty in all actions. They are more willing to forgive honestly acknowledged mistakes, but will not tolerate deception or unethical behavior.
5. "Collaboration" – Generation Z tends to work together in their work and activities. They see collaboration as natural and even considered routine. Their collaborations often produce innovative joint results.
6. "Entertainment" – Generation Z enjoys entertainment and expects time to relax from work routines. They do not strictly separate work and play, so they want a pleasant and relaxing work environment.
7. "Speed" - Generation Z is accustomed to technologies that allow things to run quickly, such as the use of short messages and instant messaging. They expect a quick response and dislike delays in communication or process.
8. "Innovation" – As a generation that grew up in an era of rapid technological change, generation Z expects innovation and always wants to have the latest and greatest products and technologies available.

From the characteristics that have been described, it can describe how generation Z in social life. Generation Z does not approve of the patriarchal culture that increasingly afflicts women, because according to generation Z this patriarchal culture harms women and hinders women's freedom. Women are considered weak while men are considered as rulers whereas women are actually able to do men's work and women's population is more than men's. This is what makes generation Z have no desire to get married so that the number of marriages in the last 5 years has decreased quite rapidly even in this decade 2023 is the year with the smallest number of marriages. If this figure continues to decline, it can be predicted that Indonesia, like other western states, has a low population rate. Therefore, generation Z needs a handle on how they view patriarchal culture from various points of view, Ha can be handled by counseling so that they are not afraid to marry just because of patriarchal culture, counseling that can be done is multicultural counseling.

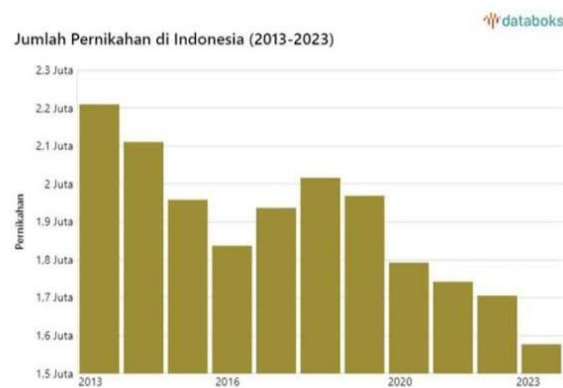
Multicultural counseling involves interaction between counselors and counselors who come from diverse ethnic backgrounds or minority groups; this includes differences in terms of race and ethnicity, as well as cultural variations that arise from factors such as gender, sexual orientation, socio-economic status, and age (Atkinson, et al., as cited in Supriyatna, in the book *Multicultural Guidance and Counseling*, Rahmawati, et al., 2021). In the context of multicultural counseling, it is important to recognize that each

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individual, including generation Z, brings with them their unique cultural background, values, and life experiences. Recognizing how patriarchal culture affects Generation Z's self-view, social interactions, and mental well-being is a crucial step in providing sensitive and appropriate counseling services for them. By increasing understanding of patriarchal cultural dynamics and their implications, multicultural counselors can guide generation Z in overcoming the complexities of identity and finding room for more balanced and fulfilling personal growth. In this study, we will explore the understanding of patriarchal culture among generation Z, especially with a multicultural counseling approach.

### METHOD

The preparation of the article entitled "Understanding Patriarchal Culture in Generation Z from the Point of View of Multicultural Counseling" uses descriptive qualitative methods. Descriptive qualitative method is a research method that explains or provides an overview of the phenomena that occur. In this study, we will explain the phenomenon of patriarchal culture that is currently quite often discussed among Generation Z in the point of view of multicultural counseling.



*Data on the Number of Marriages in Indonesia for 2013-2023*

*Source: databox*

Based on data obtained from the databox in 2023, it is known that there has been a decrease in the number of marriages in the last decade of more than 600,000 marriages. In Indonesia alone, the productive age reaches 69.25%, which is dominated by people from Generation Y, Generation X, and some Generation Z. With such a large percentage of productive age, the marriage rate should be at least at a stable number, not even decline far from previous years. This decrease in marriage rate will also affect future birth rates and the quality of human resources in the future. In addition, this study also uses library research methods to support the preparation of data and discussion in this study. Library research is a research method that utilizes literature such as journal articles, books, previous sources that are certainly accurate.

### RESULT AND DISCUSSION

#### Patriarchal Culture

In the beginning, patriarchy had a broad sense. Historically, patriarchy originated from Greek law, where the male head of the household had absolute legal and economic power over male and female family

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members (Utama di Swari, 2023). Patriarchal culture is a social system where men are more dominant and powerful than women. It is also mentioned that patriarchy is a culture that places men in a position as the only ones who have authority in society, both in the political, educational, economic, social, and legal fields (Zuhri & Amalia, 2022). This patriarchal culture emphasizes male superiority and places women in the domestic sphere only (Halizah & Faralita, 2023). Indirectly, of course, women are disadvantaged here because their space and freedom are severely restricted. Women are considered as 'devotees' only and everything done by women seems to lack appreciation and is not considered. In addition, women are also often victims of this patriarchal system, such as sexual violence, domestic violence, and high rates of early marriage (Zuhri & Amalia, 2022).

From a patriarchal point of view, it seems as if normalizing male actions is normal even though it is not true. For example, when a man whistles to a woman. Women as victims certainly feel uncomfortable with these actions. However, men as perpetrators are often normalized under the pretext of 'men are men' or 'men will always be men'. Men are considered more dominant and stronger than women, so men must be brave with women. His courage can be shown in many ways. Walby in Zuhri & Amalia (2022), explains that this patriarchal system is divided into two forms, namely:

1. Private patriarchy. This private patriarchy emphasizes domestic work as a duty or stereotype of women.
2. Public patriarchy. This public patriarchy emphasizes the stereotype of men who are considered workers in the public sector who are more described as harsh and challenging.

In Siswati et al., (2022), a study was conducted with respondents as many as 100 male students and 100 female students. From the study, the following results were obtained:

1. Respondents have good awareness of the concept of sex or sex, but awareness in the concept of gender is still considered lacking.
2. There is confusion in respondents' understanding of understanding and distinguishing between sex and gender.
3. There is still a misunderstanding in understanding the essential nature of men and women.

The results of the study are certainly enough to illustrate how the lack of public insight, especially in productive age, related to awareness of nature, sex, and gender. One of the reasons is the patriarchal culture that is still strong among the people. In Indonesia itself is still thick with patriarchal culture. Although along with the times women slowly began to be given freedom such as being given the opportunity to be leaders or being able to freely voice opinions or opinions, but still patriarchal culture still plays a role in daily life in society. In society itself still perpetuates patriarchal culture, as well as internalizing values in religious and cultural contexts that also preserve patriarchal culture.

### **Patriarchy among Generation Z**

Patriarchal culture places men as power holders in social arrangements where men are perceived as possessors of greater superiority and power than women. Patriarchy often has a considerable impact on several things from women (Swari & Udayana, 2023). Women are also considered to be creatures that are inferior to men because of their physical condition and weaknesses. This assumption makes men as

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superiors and women as inferior (Mahfudz, in Siswati et al., 2022). An understanding of patriarchal culture is becoming increasingly important, especially in the context of the social and psychological development of Generation Z. This group was born between the mid-1990s and early 2010s, experiencing a period of growth in the midst of an era marked by rapid technological and information advances, but still bound by social structures influenced by patriarchal culture. Generation Z are those who are accustomed to the existence of technology from an early age. They prefer to interact through smartphone devices and utilize online platforms, so rarely engage in direct communication with friends or family. They have developed the habit of communicating through various internet platforms such as WhatsApp, Facebook, Instagram, Twitter, and so on. That way patriarchal culture provides greater advantages for men in various aspects of life.

As a result of patriarchal culture in Generation Z experiencing a decline in marriage rates as many of them experience discomfort in life when deciding to marry young, many girls experience worse social and economic conditions compared to girls who delay the age of marriage, including lower levels of education and poorer rates of poverty. This adverse impact will also be experienced by their children and can continue in future generations. Therefore, many Generation Z do not want to do this because basically there are many restrictions with the status of marriage. Generation Z just wants to do things on the basis of self-will like they want to enjoy leisure time and expect moments of entertainment from the busyness of daily work. They do not describe a clear distinction between work and pleasure, which results in a desire for a pleasant and relaxed working atmosphere.

Hops.ID Based on data from the Central Statistics Agency (BPS) in March 2024, the marriage rate in Indonesia has dropped to a record low. With data obtained in 2023 only 1,577,255 people. This is lower than the previous year which reached 1,705,348 people, or in other words the marriage rate in Indonesia fell by 7%. With these data, it shows that the marriage rate in Indonesia has decreased due to various influencing factors including a long period of education so that the focus is on going to school, more open to various lifestyle choices, to financial reasons that are still not established to focus on career paths.

### **Viewpoints from Multicultural Counseling**

Society and culture are manifestations of abstractions of human behavior in which personality embodies human behavior which includes habits, attitudes and characteristics possessed by individuals that develop if the individual relates to others. Personality is based on various factors such as biological, psychological, and sociological factors so that it can affect individuals directly and indirectly (Rahmawati et al., 2022). Culture that becomes a tradition becomes the formation of one's personality, as we know patriarchal culture has been very attached to some of the lives of several regions and tribes in Indonesia. Not only men are patriarchal but there are some tribes that are patriarchal in women, indeed not as many as men. This patriarchal man is what makes women who want to marry discourage their intentions because many patriarchal men are irresponsible with their wives so that domestic violence occurs to divorce. The main women of generation Z choose not to marry instead of having to marry patriarchal men who will hurt their hearts and physically, they choose to be independent women. This certainly needs to be handled by

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experts, especially counselors, for women who are afraid to marry for fear of having patriarchal men can be helped with multicultural counseling.

According to (Supriyatna, in Rahmawati et al., 2022) Multicultural counseling is a relationship that occurs between counselors and counselors who both have ethnic differences or racial and ethnic minority groups but there are cultural differences due to other factors such as gender, sexual orientation, socio-economic factors, and age. (Supriadi, in (Rahmawati et al., 2022) Multicultural counseling is an alternative in the counseling process, counselors are required to be sensitive to culture and break away from cultural biases, understand and be able to understand and appreciate culture and have culturally responsive skills. This aims to avoid cultural bias between counselors and counselors which results in the counseling process not running effectively. Multicultural counseling is essential to overcome differences in a multicultural society. Individuals and groups can increase understanding, reduce conflict, and create harmonious multicultural societies by using cultural understanding, effective communication, therapeutic approaches, active participation, and cross-disciplinary approaches. Multicultural counseling pays attention to many aspects such as gender that affect interactions and individual lives in community life, it is indeed quite sensitive so that counselors must be able to understand from various types of points of view (Haikal & Abdurrahman, 2023). The living system of society is changing, especially the changing values and beliefs, intermarriage between races, ethnicities, tribes, and cultures, both at home and abroad, changing education policies, changing leadership styles, and more, counseling models and techniques are also changing. Based on a multicultural perspective, counseling relationships are complicated because each counsellor brings a unique cultural and historical background that influences counseling outcomes. Therefore, an understanding of multicultural counseling is very important (Khowatim, 2020).

Multicultural counseling is an alternative to solve problems that exist in regions or tribes that still uphold patriarchy in everyday life, even though patriarchy cannot be eliminated at least counsellors are able to overcome problems that exist in themselves, counselors are expected to help counsellors who have fears of what counsellors think about patriarchy by using REBT or Rational Emotive Behavior Therapy techniques Which by using this technique the counselor in changing the negative or irrational views that the counselor has about patriarchy to be rational so that the counselor will not feel afraid to start a relationship or even build a household with a man who is considered patriarchal or live with a patriarchal culture it can be resolved by both parties with a discussion about the relationship they live, So that men can provide a sense of security and women feel protected from the culture brought by the man. The counselor explains how different points of view about patriarchy to the counselor, shows the good possibilities that will occur so that the counselor is able to change his negative thoughts into positive and the counselor is able to communicate with his partner about how patriarchy is in his mind and how to overcome it so that it does not become a problem in the home life they live later.

### **CONCLUSION**

Patriarchy is a social system that places men as the main power holders. We still encounter patriarchal culture in Indonesia, many tribes still hold that the nature of men is higher than women, this is one of the factors in the decline in marriage rates in generation Z, especially women. This is because these

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generation Z women have a fear of patriarchy in the relationships they are living. They are afraid of social inequality that will occur in their relationship, especially if their partner lives and grows up in an area that is still thick with patriarchy. One alternative that can be done to prevent the increasingly drastic decline in marriage rates needs to be an understanding of patriarchy on the part of women and men, by means of multicultural counseling. This multicultural counseling is one alternative as an alternative way out to mediate for solving problems that occur from two parties who have different views on culture. This multicultural counseling is actually very risky because it unites different cultural differences to solve problems not only from counselors and their partners who have cultural differences but counsel with the counselor, so the counselor must have sensitivity to cultural differences and also put aside the culture he has so that there will be no cultural differences biases. This multicultural counseling can be done for anyone who is afraid of cultural differences felt by individuals with people around them, therefore this multicultural counseling needs to be known by many people so that even though we have cultural differences we can still unite and live life peacefully by respecting each other.

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