



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

**INTEGRATING JAVANESE CULTURAL VALUES IN COUNSELING:**  
**THE PRISMA METHOD**

**Shafa Aulia Rayyani<sup>1</sup>, Arbangati Khafidha Al Amin<sup>2</sup>, Indah Komaria Suseno<sup>3</sup>, Anisa Dias Rofianti<sup>4</sup>**

<sup>1</sup>State University of Surabaya, Lidah Wetan, Sub-District Lakarsantri, Surabaya, Indonesia,  
[shafa.22016@mhs.unesa.ac.id](mailto:shafa.22016@mhs.unesa.ac.id)

<sup>2</sup>State University of Surabaya, Lidah Wetan, Sub-District Lakarsantri, Surabaya, Indonesia,  
[arbangati.22034@mhs.unesa.ac.id](mailto:arbangati.22034@mhs.unesa.ac.id)

<sup>3</sup>State University of Surabaya, Lidah Wetan, Sub-District Lakarsantri, Surabaya, Indonesia,  
[indah.22026@mhs.unesa.ac.id](mailto:indah.22026@mhs.unesa.ac.id)

<sup>3</sup>State University of Surabaya, Lidah Wetan, Sub-District Lakarsantri, Surabaya, Indonesia,  
[anisa.22031@mhs.unesa.ac.id](mailto:anisa.22031@mhs.unesa.ac.id)

**ABSTRACT**

*Javanese cultural values are understandings that have been shared by the Javanese community. The purpose of this research is to review several literature studies on Javanese cultural values that can be integrated into counseling using the PRISMA method. In collecting data, Publish or Perish v8 is used with keywords that have been determined in this study, namely "Javanese Culture & Counseling". Then the literature study that became the source of data (n = 4) where the literature study met the inclusion criteria. The results of this study are, Javanese cultural values that can be integrated into counseling are: Tapa Seriro, Karyanira, Asih, and Rereh, Nrimo Ing Pandum, Kawruh Jiwa Teachings (Sabutuhe, Saperlune, Sacukupe, Sebenere, Samesthine, Sakpenak'e), and Sangkan Paraning Dumadi, Manunggaling Kawula Gusti, Memayu Hayuning Bawana.*

Keywords: Javanese Cultural Values, Multicultural Counseling

# **Integrating Javanese Cultural Values in Counseling: The Prisma Method**

## **INTRODUCTION**

Culture is inherent to human civilization, shaping knowledge and encompassing a system of ideas abstractly present in everyday life. Indonesia boasts a rich tapestry of cultures, including the widely adopted Javanese culture, which encompasses beliefs, morals, laws, knowledge, and customs. This cultural inheritance, from Sabang to Merauke, from Miangas to Rote Island, is a national treasure that requires preservation. In the face of foreign influences, particularly in moral education, it is imperative to uphold and integrate local wisdom and Pancasila values.

In Indonesia, one prominent cultural manifestation is Javanese culture, represented by the Javanese people, who constitute the largest ethnic group in the country, comprising over half of the population. Residing primarily in Central Java and East Java on the island of Java, the Javanese culture encompasses a rich tapestry of values, beliefs, and customs. These cultural elements provide guidance and influence thoughts and behaviors within the Javanese community, reflecting the heritage and wisdom of this diverse and vibrant ethnic group. Septiana (2016) as cited in Budiyanto (et.al., 2018) defines cultural values as the ideals and principles deemed commendable and acceptable by the surrounding community, shaped within a culture endorsed by the related society.

Rina Devianty (2017) as cited in (Mutiarra et al., 2023) highlights Javanese culture as a significant aspect of Indonesian culture, originating from various traditions, beliefs, and ways of life. Javanese traditions and local wisdom, deeply ingrained in the Javanese way of life, are integral to their identity. With moral values intertwined within its customs, Javanese culture serves as a moral education tool, emphasizing politeness (unggah-ungguh), harmony (tepo selira), and respect (ewuh-pewuh) among individuals and nature. Javanese culture, with its emphasis on moral conduct and harmonious living, serves as a conduit for instilling these values in the younger generation, ensuring the continuity of Indonesia's rich cultural heritage.

## **METHOD**

This study uses the PRISMA method (Preferred Reporting Items for Systematic Reviews and Meta-analysis). Systematic review is a method that uses review, review, structured evaluation, classification, and categorization of evidence-based that has been previously produced (Fitriyani, 2021). There are 5 stages in the PRISMA method, namely: defining the topic, determining the source of information, selecting relevant literature, collecting articles, and analyzing articles. (Widiasih, 2015 in Ambalao & Paoki, 2022).

### **Purpose Of Research**

The purpose of this research is to review several literature studies on Javanese cultural values that can be integrated into counseling using the PRISMA method through the Publish or Perish version 8 software as a data and information collection tool in this study. The following are 2 research questions (Research Question) that will be reviewed in this study:

RQ1: How is the information found regarding Javanese cultural values that can be integrated into counseling?

# Integrating Javanese Cultural Values in Counseling: The Prisma Method

Tabel 1. Literature Search

Source	Keyword
Google Scholar using Publish or Perish v8	“Budaya Jawa & Konseling”

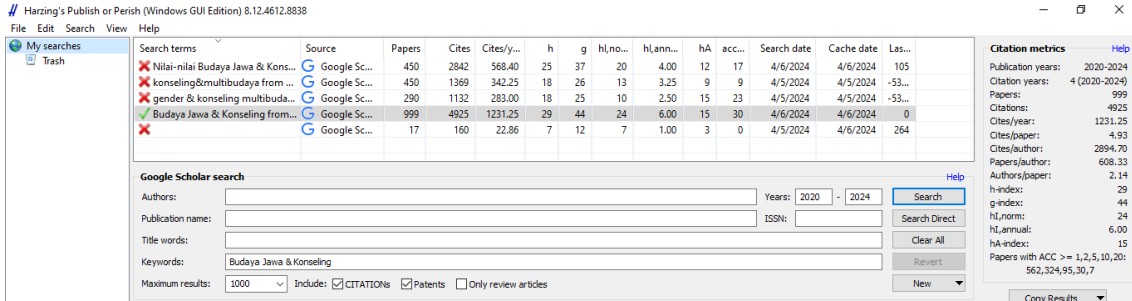


Figure 2. Google Scholar sourced keyword Search using Publish or Perish v8

RQ2: What are the Javanese cultural values that can be integrated in counseling?

## Prisma Procedures

The literature studies used in this research were 999 literature studies, and selection was carried out according to the title and then 12 literature studies were found. Then the second stage of screening was carried out and 4 literature studies were found that could answer the problems in this study. The selection process is shown in Figure 2.

## Database Resources

The literature study used as a source of information and data for this research was obtained from Google Scholar using Publish or Perish v8 as a data collection tool. 999 articles were found with a range of years 2020-2024.

## Systematic Review Process

The systematic review process can be seen in Table 2.

Tabel 2. Systematic Review Process

Process	Description
Data Search	Valid data is obtained from Google Scholar with keywords that match the title and can be accessed or read online.
Data Screening	Selection of articles that can answer this research problem.
Data Quality Assessment	At this stage the article used is full text that meets the inclusion criteria in Table 3.
Data Search Results	All data that meets all conditions and criteria will be further analyzed.

Tabel 3. Research Data Criteria

Criteria	Inclusion	Exclusion
Types of literature studies	Article/ Journal	Citations, Repository, Blogs
Language	Bahasa Indonesia	English
Timeline	2020-2024	Under 2020

## Integrating Javanese Cultural Values in Counseling: The Prisma Method

In the screening process, there are two stages: namely by selecting literature studies based on the title taken as much as ( $n = 12$ ) and based on the data needed to discuss the problem as much as ( $n = 4$ ) relevant. These stages can be seen in Figure 2 below.

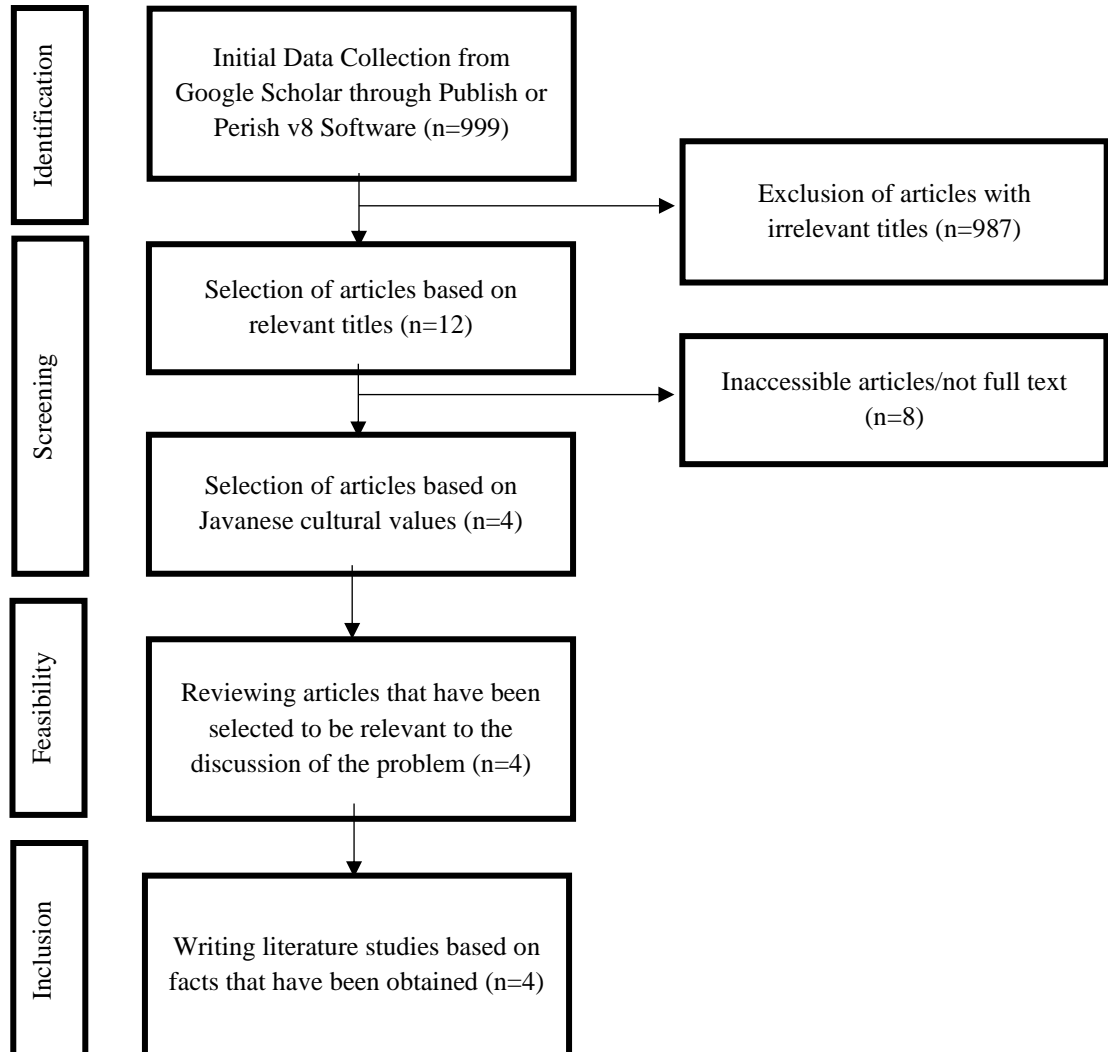


Figure 2. PRISMA Diagram Flow

## RESULT AND DISCUSSION

According to Setyoningsih there are 4 values of pacifism in Serat Wulangreh. The first is Tepo-seriro or tolerance, which is an attitude or behavior that allows a person to manage themselves appropriately, based on sincerity, care, and mutual respect for others, while paying attention to the way of speaking (Alpian in Setyoningsih, 2022). It is an expression of an individual's attitude that considers the feelings of others, demonstrating the concept of loving and respecting fellow human beings. Tolerance is an integral part of one's attitude to life, reflected in words, actions, and behaviors that show mutual respect.

The second is karyanira, or responsibility. According to serat wulangreh, karyanira is a behavior that is reflected in responsibilities carried out voluntarily, based on the individual's own wishes. Serat wulangreh

## **Integrating Javanese Cultural Values in Counseling: The Prisma Method**

emphasizes that everyone is responsible for mistakes made, without always reproaching or blaming themselves. One of the characteristics of a responsible person is his ability to apologize for mistakes committed. *Karyanira*, or responsible attitude, means that the individual consciously and courageously acknowledges his actions and is willing to bear the consequences without blaming others or simply apologizing. Human ability to distinguish between good and bad things allows him to form self-quality with an attitude that dares to be responsible in dealing with various problems.

The third is *Asih*, or mutual respect, according to the *serat wulangreh* is an attitude or behavior that teaches individuals to speak and act with respect for others. *Serat wulangreh* emphasizes that humans, as individual and social beings, are expected to always show respect in interacting in accordance with the manners and customs that prevail in their environment, so as to create harmony and balance in life. Compassion, or mutual respect, must be manifested in noble behavior, by respecting the identity of the perpetrator, especially by obeying the advice of the elders.

The fourth is *Rereh*, or self-control. *Rereh* according to *serat wulangreh* is an attitude or behavior that allows a person to control himself by negating or changing unwanted inner reactions, as well as refraining from performing actions that are contrary to moral norms. *Serat wulangreh* teaches that humans need to have strong self-control, by always paying attention to the heart and looking for friends who are good morals and knowledgeable, to achieve perfection in a harmonious life and avoid arrogance. Self-control, according to *serat wulangreh*, has an important role in people's lives because it helps individuals to refrain from antisocial behavior. *Serat wulangreh* also emphasizes the importance of being careful in association by paying attention to one's character and nature, so as not to cause problems that harm oneself or others.

Furthermore, based on Ilmi's literature review, Javanese cultural values that can be integrated into counseling are *Nrimo Ing Pandum*. *Nrimo Ing Pandum* itself has a philosophical meaning as acceptance and absence of complaints against all shortcomings experienced by a person (Ilmi, 2022). This philosophy consists of three psychological aspects, namely gratitude, patience, and acceptance. Gratitude is a form of positive expression of blessings received from God, which affects individual behavior in interacting with their environment. Patience is the basis of the value that a person uses when facing situations that cause anger. Meanwhile, *Nrimo* is the belief that humans only live their lives as their destiny is determined by God.

According to Marhumah (Yurika & Nugroho, 2022), another Javanese cultural value that is well known and can be applied in counseling is the teachings of *Kawruh Jiwa* presented by Ki Ageng Suryomentaram. This *Kawruh Jiwa* reflects uniqueness because it focuses on the concept of happiness. In the concept of happiness formed by Ki Ageng Suryomentaram, there are six main principles referred to as "sa", namely: (1) *Sabutuhe* (need); (2) *Saperlune* (as necessary); (3) *Saenoughe* (to taste); (4) *Sebenere* (actually); (5) *Samesthine* (due); (6) *Sakpenak'e* (as appropriate). With these six "sa" concepts, Ki Ageng Suryomentaram teaches humans to avoid excessive behavior in living life, and vice versa, to always act with vigilance, awareness, and proper balance.

The next Javanese Cultural Values are values that require humans to lead to peace of life. The first value is *Sangkan Paraning Dumadi*, which teaches awareness of the origin and purpose of human life. In

## **Integrating Javanese Cultural Values in Counseling: The Prisma Method**

the course of searching for the meaning of life, it is important for man to realize that all actions are based on God and will eventually return to Him. The second value, Manunggaling Kawula Gusti, encourages people to remain in close relationship with God. And the third value is to seduce Memayu Hayuning Bawana, which means that humans should always do good to other humans (Lianasari & Japar, 2022).

### **CONCLUSION**

The literature study analyzed is research related to Javanese cultural values that can be integrated into counseling published and indexed in the Google Scholar database. The information described in this study is from 2020-2024, but in fact the relevant data is only in 2022 with a total of 4 articles (RQ1). Javanese cultural values that can be integrated into counseling are: Tapa Seriro, Karyanira, Asih, and Rereh, Nrimo Ing Pandum, Kawruh Jiwa Teachings (Sabutuhe, Saperlune, Sacukupe, Sebenere, Samesthine, Sakpenak'e), and Sangkan Paraning Dumadi, Manunggaling Kawula Gusti, Memayu Hayuning Bawana (RQ2).

### **REFERENCES**

- Ambalao, S., & Paoki, R. M. (2022). Kepemimpinan Wanita di Era Milenial: Metode PRISMA. *Literatus*, 4(3), 1017–1021. <https://doi.org/https://doi.org/10.37010/lit.v4i3.998>
- Fitriyani, N. I. (2021). Metode PRISMA untuk Memprediksi Penyakit Kanker Payudara. *JII : Jurnal Inovasi Informatika Universitas Pradita*, 6(September 2021), 13–18.
- Ilmi, A. M. (2022). Memaknai Kehidupan Melalui Konseling Memaknai Eksistensialisme berbasis Nilai Budaya Nrimo Ing Pandum untuk Meningkatkan SelfEsteem Siswa Remaja Berstatus Sosial Ekonomi Bawah. *Prosiding Seminar Nasional Bimbingan Dan Konseling Universitas Negeri Malang Promosi Layanan Konseling Berbasis Kabar Gembira Di Era Pluraslisme*.
- Lianasari, D., & Japar, M. (2022). Konseling Kelompok Rational Emotive Behaviour Therapy Berbasis Nilai Budaya Jawa untuk Meningkatkan Kebermaknaan Hidup Pada Masa Pandemi Covid-19. *Bulletin of Counseling and Psychotherapy*, 4(3), 645.
- Mutiara, E., Ichsan, Y., Fauzi, I., & Ma'ruf, H. (2023). Values of Java Culture. *Forum Paedagogik*, 13(2), 294–306. <https://doi.org/10.24952/paedagogik.v13i2.3922>
- Setyoningsih, Y. D. (2022). Internalizazi Nilai Cinta Damai Serat Wulangreh Pada Konseling Rational Emotive Behavioral Therapy (REBT). *Jurnal Konseling Gusjigang*, 8(2), 195–207. <https://doi.org/https://doi.org/10.24176/jkg.v8i2.7737>
- Yurika, R. E., & Nugroho, A. R. B. P. (2022). Implementasi Nilai-Nilai Kebudayaan dalam Praktik Bimbingan dan Konseling Di Indonesia. *Journal of Contemporary Islamic Counselling*, 2(1), 23–40. <https://doi.org/https://doi.org/10.51214/bocp.v4i3.409>