

# Nyethe as Culture Based Art Group Therapy

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**Abstract**—The development of counseling based on local wisdom uses the integration of cultural content in the counseling approach. The integration of Madura proverbs in narrative counseling makes students more able to create new stories under the values in their environment. This research aims to develop a product prototype in the form of a narrative counseling guide for Madura Parebasan activities. The method used is a development model consisting of a preliminary study stage and a guide product development stage. The research subjects were Madura high school students as a data filler for the knowledge and use of Madura parebasan. Data analysis uses descriptive statistics and graphical form. The preliminary study results showed that almost all of the subjects knew and had used parebasan Madura. Product development results are the form of a narrative counseling guide with the theme of Madura culture. The number of Madurese students who understand enough about parebasan will increase the maximum of counseling services and make it easier to apply the content of Madura parebasan in narrative counseling. The prototype guide has the cover to the bibliography content.

**Keywords**—nyethe, art group therapy, culture-based counseling

## I. INTRODUCTION

Studies on guidance and counseling approaches have to help provide optimal services to counselees. Some of these theories include psychoanalytic theory, gestalt therapy, cognitive behavioral therapy, family therapy, and so on [1]. However, mental health needs demanded various treatments. They made a gap for the emergence of various modern therapies such as play therapy, laughter therapy, fairy tale therapy, and art group therapy [2]

The application of art group therapy has the orientation to the psychodynamic approach developed by Jung. This approach explains that conflicts can explain all behavior in individuals in the subconscious

[3]. Through art group therapy, individuals can release their unconscious, which contains pressure, the environment, and things that are unacceptable to both the individual and the social environment [4]. The unconscious is obtained through spontaneous artistic expression to make free associations and become media catharsis due to subconscious pressure, which is a threatening situation.

It is explained that presenting art group therapy is carried out through a creative process that aims to help express oneself, strengthen self-confidence, act as a cathartic, manage stress, and improve individual coping skills [5]. Another research adds that the therapeutic process in art therapy is partly due to the cognitive function in the hope of generating positive emotions and developing social skills, which is a complex treatment involving verbal and visual communication in the group process. Implementing this therapy is not too concerned with the aesthetics of the works of art produced by individuals [6]. It can be done by all ages, whether they have artistic abilities or not.

There are several models of art group therapy often used to help deal with problems experienced by individuals, namely through visual arts group therapy or drawing. Based on research conducted by Triantoro Safaria and Astrid Yunita, they found that group intervention using art group therapy could reduce the anxiety level of victims of bullying in the experimental group [7]. Research conducted by [8] also showed significant results in reducing social anxiety after treatment in art group visual therapy (drawing) with an average pretest score of 58.61 and an average posttest score of 30.63.

Indigenous practice-based services are closely related to the local community's culture, or in the sense that these services are rooted in local cultural practices of the community that apply knowledge to patterns [9]. The concept of customary practice does not generally

apply to the value of guidance and counseling services. Indigenous practice-based services that grow from local wisdom are the additional points and solutions in dealing with cultural shifts.

In addition, the counselor can also use culture-based services to understand human formation related to the unique culture [10]–[13]. Culture can also help explain the emergence of abnormal behavior in humans [14]. The guidance and counseling with a cultural approach are very appropriate to help adolescents adapt to themselves and interact with their environment (because it is social for teenagers to start being independent and be separated). Actualize the ability to function in their social environment).

One of the local cultures used to provide guidance and counseling services is the *nyethe* culture. This culture is still thick with the culture of the Tulungagung community and still exists today. There is explained that *nyethe* is a coffee drinking culture in Tulungagung that combines coffee and art. *Nyethe* is drawing on cigarettes or paper media using coffee deposit media or commonly called *cethe* [15]. Another source added that *nyethe* is groups activities in coffee shops by discussing various topics [16]. The topics discussed at this time are varied, depending on the subject. The case could range from the current community issues about the work to be taken, love stories, to anxiety or problems experienced by them.

For the people of Tulungagung, culture has the concept of a desire to carry out social life both internally and externally, without a relationship with *nyethe*. The framework in question is at the same time the fundamental values contained in the *nyethe* activities of the Tulungagung community as explained by [17], including: (1) the value of togetherness; (2) *ngajeni* (able to respect others and not underestimate); (3) *ngudoroso* (opening feelings or sharing the heart); (4) *can rumangsa* (empathy); (5) *manjing ajur-ajer* (able to adapt to the surrounding situation and conditions); (6) *pethukan rasa* (recognizing the feelings that arise within oneself by considering good things and thinking positively); (7) *nrimo ing pandhum* (to be grateful for God's gifts). These values are a unified whole in the Tulungagung community to create harmony and harmony.

*Nyethe* culture-based art group therapy provides new hope for guidance and counseling practitioners and world psychology with a culturally friendly intervention service process, taking into account the needs of individuals, counselors, and the environment. Art group therapy is very worthy of study for the development of scientific disciplines. Art group therapy presents interesting interventions with various leading media to help individuals explore feelings, emotions and express themselves. The media create images to create individuals understanding to formulate problem-solving. This service is carried out

in groups while still paying attention to *nyethe* cultural values.

The purpose of this study is to review the literature regarding guidance and counseling service interventions that use the cultural nodes as a proposition to maximize counseling services. In addition, it is an alternative for individuals to recognize themselves and actualize their ability to function in their social environment and have experience in helping to liberate individuals through artistic expression. Become a reference for counselors in helping to reduce social anxiety with a repertoire of services sourced from Indonesia's wealth, both considerations and local, psychological, social wisdom.

## II. ART GROUP ON DRAWING MEDIA

Drawing is one of the media or forms of art group therapy. Drawing is a relaxing and fun activity expressing feelings, thoughts, creativity, and uniqueness [18]. In addition, [19] explained that drawing is a way to express positive and negative thoughts and feelings about oneself and the world. Through the media, images provide a way for individuals to convey feelings comfortably compared to verbal communication.

Buchalter revealed that spontaneous drawing allows individuals to express problems, feelings, fears, and desires in a non-threatening way (non-threatening way) [20]. The issue of the unknown, previously hidden and unrevealed, often goes through many pictures. Artwork supports individuals to communicate symbolically as well as verbally. Images work as vehicles that facilitate communication,

It is revealed that batik is also a drawing and recreational activity [18]. Leisure is defining how individuals use their free time, what individuals do to relax, get pleasure, and how individuals flow their desires and interests. Recreation is an activity that can improve a person's welfare because it is meaningful to that person, provides freedom, a means to get out of daily routines. A means to socialize with other people.

Drawing activities and the results of drawing activities can help individuals communicate their feelings and emotions actively and clearly. Through group therapy, the art of drawing provides an opportunity for individuals to relate their thoughts and feelings in a more expansive and varied way than expressed through verbal language [21]. The advantages of art group therapy with image media will be explained, including:

The image is less threatening (has minimal risk). Art group therapy with image media can provide minimal risk for individuals and create feelings of security and comfort [22]. The expression of the art of drawing made you can freely express your thoughts and feelings without fear of being judged or rejected

by others. drawing therapy is an alternative activity carried out to express hidden and secret emotional feelings or pain. Individuals tend to refuse to tell them verbally because of the fear of visitors and the ridicule of others [21].

Drawing can provide additional information (Provides additional information). Graphic can provide essential additional information, both related to intellectual and emotional development, that the individual feels at this time. Through this drawing activity, it is also possible to display problems that arise or are experienced by individuals who are not yet known by psychological tests or have not been revealed to others. So that through art therapy, the counselor can obtain additional data or information to assist individuals in solving their problems.

Drawing provides creative solutions (providing innovative solutions). Through self-expression withdrawing group therapy, individuals get an excellent opportunity to understand pain, pressure, confusion, reduce feelings of isolation, and communicate fundamental illustrative ideas to overcome everyday problems. Their day [23]. So that individuals can be asked to arrange problems, feelings, and alternative solutions to be carried out.

Images expand therapeutic engagement. Interventions that use a verbal approach are often insufficient to effectively reveal past trauma or other causes that allow maladaptive behavior to occur. Through group art therapy pictures, individuals can develop the value of their point of view, gain new understanding by looking at their problems, and find other alternative solutions to their problems [22]. In this way, individuals have reached a new level of awareness through nonverbal products and can appreciate themselves fully.

Based on the opinions that have been described previously, it can be concluded that art group therapy has several advantages over interventions carried out with other models. Among the benefits of art group therapy drawing are that it supports the feeling of helplessness experienced by individuals to be reduced and provides a way to be actively involved in the service process. The use of group therapy in drawing during the process can stimulate creativity and encourage individuals to recognize themselves and their environment.

### III. NYETHE ON CULTURE BASED ART GROUP THERAPY

The development of art therapy group charged with *nyethe* culture is a service concept or a complex one in which individuals are asked to express and express the most profound emotions that have been felt to be inhibiting and not being defined, to then be channeled through a cathartic process which is carried out in the

form of drawings painted using *cethe*. Then students are asked to provide solutions and meanings to works of art and provide positive inputs that are generated to help help insight and solve problems.

. A knowledge group approaches so that group members can motivate each other and discuss ways to develop skills in relationships to add to other members [24]. In addition, groups are considered adequate to help improve social relations and help build themselves from each member of the group, which to Misnani that social relations and self are components in the development of interpersonal relationships because they can foster closeness and reduce the self-experienced by individuals when dealing with them [25].

Art *Nyethe* cultural therapy service presents a pleasant intervention through the creation of works of art. This intervention presents a model for expressing emotions and most profound feelings non-verbally by combining the values of *nyethe* cultural practices, which are more comfortable and enable individuals to describe things that cannot be done through words [26]. These values will be included in the service process to achieve more optimal service results.

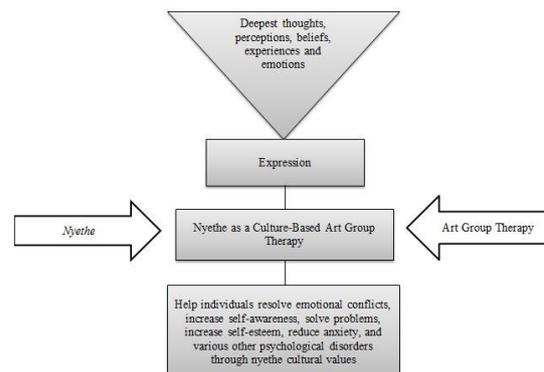


Figure 1. *Nyethe* based Art Grou Therapy Design

The essence of art group therapy that contains *nyethe* culture is as an activity to channel thought services in the form of images and a medium for *srawung* and *kondo-takon* (a place to build relationships and exchange opinions) [27]. This *nyethe* tradition is believed to strengthen the kinship ties of the *Tulungagung* community so that they remain harmonious. This shows that *nyethe* can also be used as a medium to do things that are important and useful, not always bored with things that waste time. From *nyethe*, the counselee can be served in terms of culture because cultural differences will affect individuals in terms of thinking, acting, and feeling. After all, when viewed from a cultural perspective, individuals have their characteristics and uniqueness [26]. This includes the value of togetherness, *ngajeni*, *ngudoroso*, *can rumangsa*, *manjing ajur ajer*, *pethukan rasa*, and *nrimo ing pandhum*. In addition, through the scientific

basis of art group therapy, services based on the practice of *nyethe* culture can be carried out optimally to help individuals explore, build relationships, and express feelings [28]. In Figure 1, it will be explained about the *nyethe* chart as an art group therapy used by culture.

#### IV. NYETHE ON CULTURE BASED ART GROUP THERAPY

The basic procedure of implementation in this study combines art group therapy based on *nyethe* cultural practices. The following describes the flow of the implementation procedure, which is summarized in Figure 3.

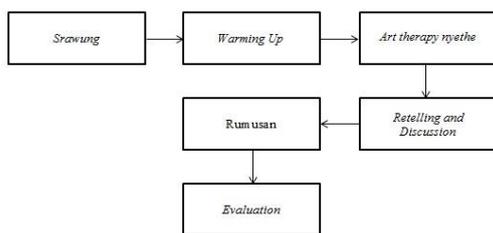


Figure 2. *Nyethe* on Art Grou Therapy Procedure

Based on Figure 2, there are procedural steps in implementing *nyethe* as a culture-based art group therapy divided into six stages. The description of each of these steps is as follows.

*Srawung*, at this stage, focuses on building relationships between members and group leaders. Group members are asked to introduce themselves, get to know the environment, and explain to the group leader the activities to be carried out and the goals to be achieved [18]. In addition, at this stage also developed an attitude of mutual trust and mutual acceptance, setting basic rules and norms that group members must obey.

*Warming Up*, at this stage, the group leader provides support to group members. The group leader's task at this stage is to help members identify and overcome various kinds of obstacles, anxiety, and reluctance. The warm-up phase can help convey messages to members in this activity no matter how one draws. There are no limits and not judged in its artistic form, but it should be emphasized that this activity is used as a forum for expression and emotion [29]. It was stressed that group members should not be afraid or worried if they cannot draw well. Then the group leader offers whether the group members are ready to start the activity.

*Art therapy nyethe*, at this stage, group members perform art therapy by describing things that are felt and in various forms using paper media and *cethe*. This stage is the same as the work stage, starting with the

counselor explaining the problem that will be raised as the *nyethe* theme for this artwork so that group members can feel the situation in front of them and express emotions that they cannot communicate through words. At the beginning of this nye the art therapy session, an awkwardness may occur. This occurs when individuals feel doubtful and think about what they should do [30]. Sometimes some group members feel trapped. When they meet such conditions, the group leader must ask some questions to describe the needs felt by individuals related to their social conditions and set boundaries and focus according to the previously discussed themes.

*Retelling and Discussion*, after students have finished doing the activities in the previous stage, give each member a personal opportunity to live the game results on their own. Then group members get together and are asked to give each other meaning to each member's artwork. After that, they were asked to discuss and exchange opinions directed by the counselor to change students' thinking styles [31]. From the relationships and conversations formed, it aims to explore explicitly from the pictures and objects made by group members to understand themselves, difficulties, and pressures that may be experienced.

*The formulation*, this stage is carried out to help group members reformulate positive thoughts and feelings and appreciate the values of the *nyethe* art group therapy activities that have been carried out. This stage begins with the group leader asking members to define their views on the problem they are experiencing [31]. Furthermore, the group leader teaches members to change the definition and negative thoughts to be more positive. In addition, the group leader also provides positive support to group members. Then, group members were asked to deal with how they felt when getting rid of negative emotions. At this stage, individuals are also taught about the values contained in *nyethe* culture and equip individuals to overcome their problems.

*Evaluation* is the final stage, where group activities focus on discussing and explaining how to transfer what has been learned by group members in the previous step to be applied in life outside the group environment. Before the end of each member, exchange positive notes and live the values that have been obtained from the activities that have been carried out [32]. Then the group leader and members conclude from the actions that have been carried out.

#### V. CONCLUSIONS

The essence that can be drawn from this literature review is that *nyethe* as art group therapy is one of the breakthrough new services that present cultural studies in art therapy. Considering that a culture-based approach will help individuals actualize their desired abilities and function in their social environment.

Because in truth, when viewed from a cultural perspective, individuals have unique characteristics and are special following the culture in which the individual lives. *Nyethe*, as culture-based art therapy, helps provide breakthroughs for individuals to help express the individual's deepest emotions to assist resolve emotional conflicts, increase self-awareness, solve problems, increase self-esteem, reduce anxiety, and various other disorders. Through *nyethe* services as art therapy based on individual culture, values are also taught to equip individuals to overcome their problems.

#### ACKNOWLEDGMENT

We thank you for the funding from the State University of Malang (represented by LP2M UM). Another thanks go to the Dean of the Faculty of Education, the State University of Malang, who has allowed publication by holding ICET 2021.

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