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The Effects of Local Wisdom-Based Group Counseling using Macapat Sinom on High School Students: Cultural Pride in Counseling Implementation

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The Effects of Local Wisdom-Based Group Counseling using *Macapat Sinom* on High School Students: Cultural Pride in Counseling Implementation

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Abstract: The purpose of this study is to ascertain how group counseling based on traditional Macapat Sinom wisdom affects students. This study used a case study research design in conjunction with a qualitative methodology. To gather data, in-depth interviews were conducted. This study focuses on students, class teachers, and guidance and counseling professionals. 1) Data collection, 2) Data reduction, 3) Data presentation, and 4) Conclusion are all included in data analysis. Triangulation of sources was used to determine the data's validity. According to this study, students learn about the moral lesson found in macapat sinom. Student comprehend the significance of classic literature. The values of the local culture and how they can influence an individual's identity are better understood by the students. The impact of group counseling based on traditional Macapat Sinom wisdom is increasing students' cultural pride, according to the conclusion.

Key Words: Group counseling; Macapat sinom; Local wisdom; High school students

INTRODUCTION

In an increasingly globalized and digital world, changes in life context tend to occur more quickly than ever, resulting in greater unpredictability of life trajectories. This reality has led to a need to develop approaches for preparing people for the unpredictability of life, approaches that emphasize flexibility, adaptability, and lifelong learning (Savickas, 2015; Cardoso et al., 2018). Counselors are charged with maintaining their own personal wellness because counselor characteristics have a significant impact on the therapeutic alliance (Ackerman & Hillsenroth, 2003; Norcross, 2002; Roach & Young, 2007; Rogers, 1957; Leppma & Young, M, 2016).

Education in Indonesia faces various challenges in building a young generation with good quality and psychological well-being. At the high school level (SMA), adolescents undergo significant changes in physical, emotional, and social aspects. This process is often accompanied by pressure, anxiety, and personal issues that can affect their overall well-being. Schools are obligated to provide guidance to support the students in this process. The three-year programme Educational Choice (Utdanningsvalg) is recommended as a part of the weekly syllabus in years eight to ten and is designed to provide opportunities for students to learn about themselves, education and work (Bakke, I & Hooley, 2022).

Schools aim to provide counseling and guidance services to help students make informed decisions about their future careers. The goal is to help students explore their interests, skills, and aspirations, and provide them with the necessary support to make well-informed career decisions (McLoughlin et al., 2023).

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High school is a critical stage in students' development. At this level, students undergo significant changes in various aspects of life, including physical, emotional, and social development. However, the challenges and pressures they face are also becoming increasingly complex. Issues such as academic stress, interpersonal conflicts, anxiety, and depression can impact students' overall well-being. Furthermore, Indonesia has a rich cultural heritage in the form of local wisdom. One example is Macapat Sinom, a type of Javanese poetry that contains messages of wisdom, moral values, and high spirituality. Macapat Sinom contains advice relevant to life journeys, self-development, and social ethics.

In facing these challenges, counseling has become an effective approach to assist high school students in addressing their personal problems and enhancing their psychological well-being. Group counseling, involving interactions between counselors and groups of students, has proven effective in providing social support, collaborative learning, and the development of social skills. Counseling in school is an important aspect of early childhood education. It helps support the growth and development of children by providing guidance and support in various areas such as emotional well-being, social skills, and academic success. However, the document does not provide specific information about counseling services in early childhood education schools in Indonesia (Barliana, M et al., 2022). The counselors should act as mediators and encourage dialogue and discussion among participants. The intervention should focus on eliciting participants' career-life stories and promoting self-examination in an emotionally and socially intelligent manner. Ground rules should be established at the beginning of the counseling sessions (Maree, J, 2019).

Counseling is a process in which a trained professional provides guidance and support to individuals or groups. It can involve discussing personal issues, exploring emotions, and developing strategies for coping with challenges (Nirmala Nair et al., 2017). Counseling creates a non-judgmental and supportive environment where participants can discuss their experiences and learn coping strategies for everyday life (Werner-Seidler et al., 2018). The importance of implementing group counseling lies in its ability to address a wide range of concerns and provide effective interventions for individuals. Group counseling offers a unique opportunity for individuals to interact with others who may be facing similar challenges, providing a sense of support and understanding. It also allows for the development of important interpersonal skills and the opportunity to learn from others' experiences. Additionally, group counseling can be more cost-effective and efficient than individual counseling, making it accessible to a larger number of people (WALDO, 1985).

Group counseling is a service delivery model that involves providing counseling to a group of individuals at the same time (Cloutier et al., 2017). Group counseling is an effective method for improving psychological growth, self-esteem, well-being, and mental health, as well as reducing depression among university students (Hu et al., 2017; Perusse et al., 2009; Shao & Fan, 2015; Wang et al., 2016; Yu et al., 2022). However, during the COVID-19 pandemic, accessing group counseling may be difficult due to the need for high-qualified leaders and limitations on the number of participants in each session (Yu et al., 2022). group counseling programs were found to have a positive impact on psychopathological symptoms, including obsessive-compulsive disorder, depression, anxiousness, and aggressiveness (Liu et al., 2017).

Group counseling can be a beneficial approach for addressing the psychological and social concerns of international students in schools. It can provide increased social support, reduce cultural isolation, and normalize the challenges of studying abroad. Group counseling can also help foreign students acquire practical information about living in a new country and learn coping strategies in a new cultural context. However, it is important to design these groups specifically for international students, taking into consideration their unique experiences and needs (Yakunina, E et al., 2011). Group counseling is a type of counseling where individuals come together in a group setting to discuss and work through their issues with the guidance of a trained counselor (Cardoso et al., 2018).

Group counseling is a form of counseling where multiple individuals participate in the counseling process together. It allows for different members to contribute to the narrative discourse and the creation of new meanings regarding their experiences (Esposito, Ribeiro, A, Alves, et al., 2017). The implementation of group counseling is important because it provides clients with opportunities to understand conflictual situations more clearly, cope with them, and make choices and changes. Group counseling also helps participants feel more capable of recognizing emotional states, understanding causal relationships, inferring mental states of others, and thinking critically. It enhances metacognitive

skills and agency, which are important psychological abilities for clinical psychologists. Additionally, group counseling allows for fruitful exchange between participants and facilitates reflective and self-observational processes (Scandurra et al., 2018).

Group counseling is a form of treatment that has been shown to be effective for different categories of students. It involves a group of individuals coming together to share their experiences and support each other. In this case study, the aim was to demonstrate how a specific group counseling method, the narrative mediation path, promotes reflective mirroring among underachieving college students (Esposito, Ribeiro, A, Goncalves, M, et al., 2017).

Group counseling provides a safe space for individuals to share their experiences, learn from others, and challenge their behaviors and beliefs. It allows for a collective exploration of intentions, goals, and narratives, fostering a sense of support and understanding among group members (Ricks et al., 2014). The counselor plays a crucial role in the return counseling process (Cleton & Schweitzer, 2021). The implementation of group counseling is important because it allows for the sharing of knowledge and experiences among participants (N. Nair et al., 2015). Group counseling also promotes community engagement and support, as strategies are developed and implemented collectively (N. Nair et al., 2015). Group counseling sessions provide an opportunity for individuals to share their experiences, learn from others, and receive support from peers who may be going through similar challenges (Alimohammadi et al., 2018). However, the current implementation of group counseling in high schools does not fully utilize the potential of local wisdom, such as Macapat Sinom. Using Macapat Sinom as a basis for group counseling can provide a different and culturally relevant approach to students. This allows students to connect their personal issues with the wisdom messages contained in Macapat Sinom.

In addressing these issues, group counseling has proven effective as one approach to help students overcome their problems. Group counseling provides a safe space for students to share experiences, gain support from peers, and obtain different perspectives on the situations they face. Through interaction and collective reflection processes, students can develop social skills, enhance self-understanding, and better cope with challenges.

The importance of counseling using Tembang Macapat Sinom and Tembang Macapat Kinanthi lies in their ability to provide a creative and culturally relevant approach to counseling. These traditional Javanese songs offer a medium for individuals to explore and express themselves, allowing for a deeper understanding of their thoughts and experiences. The songs convey meaningful messages that can be interpreted and associated with the values needed by students, thus promoting motivation and discipline in learning. Additionally, counseling with Tembang Macapat Sinom and Tembang Macapat Kinanthi can help students develop social values, spiritual responsibility, and character formation. However, it is important to note that while these songs have been found to be effective in increasing learning motivation, they may not have the same impact on disciplined attitudes in learning (Sani & Izzaty, R., 2023). The philosophical meaning of the Macapat song is the message or understanding contained in the song which is related to philosophy or thoughts about life, truth, and life values (Prabawa, A & Mukti, M., 2022).

The implementation of macapat songs in schools includes various activities such as singing the songs during morning assemblies, creating posters based on the themes of the songs, and integrating the songs into the teaching-learning process. These activities aim to strengthen students' interest in Javanese culture, instill positive character values, and promote the importance of macapat songs in building the character of students (Rochadiana, A. et al., 2022). However, the implementation of group counseling in high schools rarely incorporates local wisdom, including Macapat Sinom. By integrating group counseling with Macapat Sinom's local wisdom, we can create a unique and relevant approach for high school students. Using Macapat Sinom as the foundation for group counseling can help students internalize wisdom values, strengthen their cultural identity, and improve their overall psychological well-being.

Tembang macapat sinom group counseling is important because it can help increase the resilience of Generation Z in facing various problems and challenges in life. Through discussion activities, video screenings, and singing macapat sinom songs, group members can gain understanding and inspiration about the importance of having a tough, strong, and unyielding attitude in facing obstacles and problems. Sinom macapat songs also contain advice and life values that can be a guide for teenagers in living their

daily lives. Thus, tembang macapat sinom group counseling can help increase the resilience of Generation Z (Edmawati, M, D., 2021).

The meaning of Tembang Macapat Sinom is a moral message about the importance of thinking before acting so that it will not be fatal to him. In addition, it also contains advice about the behavior of someone who abuses his mind to do things that are not good, as well as a moral message not to talk about the bad of other people who are not sure about the truth of the news (Effendy, M, 2015). Macapat song can be used as a support for character education. In the macapat song, there are character values such as smart, humble, yielding, don't argue, simplicity, and don't gossip. These values can be emulated and shape human character. By studying and applying the macapat song in education, it is hoped that it can help overcome the moral degradation of today's children and form superior character (Anto & Anita, T., 2019).

Group counseling is one effective counseling approach to help students address personal, social, and academic issues. The use of group counseling methods can provide support, build skills, and enhance students' psychological well-being. However, despite being widely applied in schools, the group counseling approaches used often remain general and do not integrate local aspects that could be more relevant and meaningful to students.

Local wisdom represents the cultural heritage and traditional values of a society that have been formed and preserved for centuries. One distinctive form of local wisdom in Indonesia is Macapat Sinom, which is an oral literary tradition consisting of songs containing ethical, moral, and spiritual values. Integrating Macapat Sinom's local wisdom into group counseling in high schools can offer a more holistic approach related to local values that are part of students' cultural identity, thus enhancing the effectiveness and relevance of group counseling to the needs of students in that region.

METHOD

Participants

This research utilizes a qualitative research method with a case study design. The participants in this study consist of 5 students selected from grades X, XI, and XII. Additionally, the research targets include 2 Guidance and Counseling Teachers and 2 Class Teachers.

Procedures

The research activities for this study include: (a) The researcher formulates the research objectives. (b) The researcher formulates the research questions. (c) The researcher conducts a literature review. (d) The researcher analyzes various research findings. (e) The researcher determines the research methodology and fulfills the requirements within the chosen research method. (f) The researcher collects data to obtain research results. (g) The researcher analyzes the obtained research results and discusses them by relating them to existing theories. (h) The researcher draws conclusions from the research findings. This research was conducted from December 2022 to July 2023.

Data Analysis

Analysing data in this research follows four steps: (a) data collection, (b) data reduction, (c) data presentation, and (d) drawing conclusions. Data validity or confidence in the research results can be obtained by using triangulation techniques.

The triangulation technique used is Source Triangulation. Source triangulation is used to test the credibility of data regarding guidance and counseling services used to assist students who are victims of body shaming. The method involves cross-checking the data obtained from multiple sources, including primary and secondary data.

RESULTS

The results of interviews with students, Guidance and Counseling Teachers, and Class Teachers regarding the implementation of group counseling based on local wisdom Macapat Sinom are as follows.

Interviews with students were conducted by randomly selecting 5 students. The interview with Student A, Class: XII IPA 1, stated that,

“Menurut saya, penerapan konseling kelompok berbasis Macapat Sinom sangat bermanfaat. Macapat Sinom mengandung nilai-nilai kearifan lokal yang membantu kita lebih memahami budaya dan nilai-nilai dalam kehidupan sehari-hari. Konseling ini membantu meningkatkan kemampuan resiliensi kita sebagai generasi milenial.”

"In my opinion, the implementation of group counseling based on Macapat Sinom is very beneficial. Macapat Sinom contains local wisdom values that help us better understand the culture and values in everyday life. This counseling has helped improve our resilience skills as millennials."

This is supported by statements from other students. Student B, Class: XI IPS 2, expressed that,

“Saya merasa konseling kelompok dengan pendekatan Macapat Sinom sangat berbeda dan menarik. Melalui lirik-lirik dalam lagu, kita bisa merasakan pesan-pesan positif yang memotivasi kita dalam menghadapi tekanan dan tantangan. Konseling seperti itu membuat kita semakin terhubung dengan budaya leluhur.”

"I feel that group counseling with the Macapat Sinom approach is very different and intriguing. Through the lyrics in the songs, we can feel positive messages that motivate us in facing pressure and challenges. Such counseling makes us feel more connected to our ancestral culture."

Student C, Class: X IPA 3, also stated that,

“Saya suka bagaimana konseling kelompok dengan tema Macapat Sinom membantu saya belajar tentang nilai-nilai budaya dan keterampilan ketahanan. Saya diajak untuk merefleksikan makna-makna yang ada dalam lagu-lagu tersebut, dan ini mengajarkan saya bagaimana mengatasi masalah dan tetap tegar dalam menghadapi kesulitan.”

"I like how group counseling with the theme of Macapat Sinom helps us learn about cultural values and resilience skills. We are invited to reflect on the meanings in the songs, and this teaches us how to overcome problems and stay strong in the face of difficulties."

Student D, Class: XI IPA 4, gave a statement that,

“Saya awalnya skeptis dengan konseling dengan pendekatan Macapat Sinom, namun ternyata sangat menarik. Pesan-pesan dalam lagu-lagunya bisa dimaknai dalam konteks kehidupan. Konseling seperti itu memberikan perspektif baru tentang cara menghadapi stres dan tekanan.”

"I was initially skeptical about counseling with the Macapat Sinom approach, but it turned out to be very interesting. The messages in the songs can be interpreted into the context of our lives. Such counseling provides a new perspective on how to deal with stress and pressure."

Student E, Class: X IPS 1, also stated that,

“Konseling kelompok berbasis Macapat Sinom menghadirkan suasana berbeda dalam pengalaman konseling. Saya merasa lebih terhubung dengan budaya dan warisan leluhur. Selain itu, konseling ini membantu meningkatkan kemampuan saya dalam mengelola emosi dan merencanakan tindakan positif.”

“Group counseling based on Macapat Sinom brings a different atmosphere to the counseling experience. I feel more connected to our culture and ancestral heritage. Additionally, this counseling helps improve our ability to manage emotions and plan positive actions.”

The results of these interviews indicate that the implementation of group counseling based on Local Wisdom Macapat Sinom in SMA has been perceived positively by the students. These students feel that the messages in Macapat Sinom songs have helped them cope with the pressures and challenges in their daily lives. Such counseling also provides a new perspective and emotional connection to their ancestral culture.

Students have experienced an increased understanding of traditional values that are relevant to resilience in facing life's challenges. With an inclusive and inspirational approach, this program has successfully helped students develop positive attitudes and readiness to deal with changes and pressures in their daily lives. The results of interviews with Guidance and Counseling Teachers indicate that during the implementation of the group counseling program based on Local Wisdom Macapat Sinom at SMA Negeri 1 Gamping,

“Saya melihat siswa kami telah mengalami perubahan positif di berbagai aspek.”

“I see that our students have undergone positive changes in various aspects.”

One noticeable change is the students' increased awareness of local culture, particularly Local Wisdom Macapat Sinom. Students are starting to appreciate and understand the values contained in Macapat Sinom songs, as well as how these values can shape their character and life attitudes.

The Guidance and Counseling Teachers also stated that,

“Siswa kami juga telah menunjukkan peningkatan dalam resiliensi dan pengelolaan emosi.”

The implementation of group counseling based on Local Wisdom Macapat Sinom has been highly beneficial for the students. According to them, this approach not only provides practical guidance for students in facing life's problems and challenges but also accommodates the rich local values and culture in Indonesia.

The group counseling program has also helped our students build healthier social relationships. They learn to listen, appreciate others' opinions, and communicate effectively within the group. As expressed by the Guidance and Counseling Teachers,

“Saya telah mengamati peningkatan dalam kerja sama dan dukungan di antara para siswa.”

“Our students have also shown improvement in resilience and emotional management.”

As the basis for this group counseling, Macapat Sinom contains positive and inspirational messages that are relevant to the students' current conditions. It provides guidance on motivation, resilience, and wisdom in facing various life situations.

The Guidance and Counseling Teachers expressed that,

“Siswa kami tidak hanya memahami nilai-nilai budaya lokal, tetapi mereka juga berhasil menerapkannya dalam kehidupan sehari-hari. Saya melihat mereka menggunakan ajaran Macapat Sinom untuk menyelesaikan konflik, menjaga hubungan baik dengan sesama, dan membangun karakter yang kuat.”

"Our students not only understand local cultural values, but they have also successfully applied them in their daily lives. I see them using the teachings of Macapat Sinom to resolve conflicts, maintain good relationships with others, and build strong character."

The Guidance and Counseling Teachers also mentioned that,

“Meskipun banyak dampak positif yang terlihat, saya juga melihat adanya tantangan dalam pelaksanaan konseling kelompok. Beberapa siswa awalnya merasa canggung berbicara di depan kelompok, dan ada juga tantangan dalam menangani perbedaan pendapat. Namun, seiring berjalannya waktu, para siswa tersebut berhasil untuk mengatasi hambatan-hambatan tersebut.”

"Despite many positive impacts observed, I also noticed some challenges in the implementation of group counseling. Some students initially felt awkward speaking in front of the group, and there were also challenges in handling differences of opinion. However, over time, these students managed to overcome these obstacles."

The implementation of Group Counseling Based on Local Wisdom Macapat Sinom at the high school level is a commendable step in supporting the positive development of the millennial generation. This approach not only helps students overcome personal problems but also imparts deep cultural values and builds strong character.

Interview results with the homeroom teachers regarding the implementation of counseling revealed that,

“Salah satu aspek penting adalah peningkatan kesejahteraan emosional siswa kami. Saya melihat bahwa siswa yang berpartisipasi dalam program konseling kelompok lebih baik dalam mengenali dan mengelola emosi mereka. Mereka juga menjadi lebih terbuka dalam mendiskusikan perasaan mereka.”

"One notable aspect is the improvement in the emotional well-being of our students. I see that students who participate in the group counseling program are better at recognizing and managing their emotions. They also become more open in discussing their feelings."

Homeroom teachers expressed that the group counseling program also helps students build deeper relationships with their peers. Through group sessions, they have the opportunity to share experiences and support each other.

Homeroom teachers further revealed that,

“Saya melihat siswa yang mengikuti konseling kelompok lebih baik dalam pemecahan masalah.”

"I see that students who participate in group counseling are better at problem-solving."

Students learn how to view situations from various perspectives and find effective solutions. This helps students overcome academic and personal challenges. Homeroom teachers also expressed their

appreciation for the introduction of Local Wisdom Macapat Sinom to the students. As one homeroom teacher stated.

“Siswa kami menjadi lebih paham dengan nilai dan pesan yang terkandung dalam lagu Macapat Sinom. Hal ini tidak hanya berdampak pada perkembangan pribadi mereka tetapi juga membantu mereka mengapresiasi warisan budaya lokal.”

"Our students have become more familiar with the values and messages contained in Macapat Sinom songs. This not only impacts their personal development but also helps them appreciate the local cultural heritage."

Homeroom teachers also hope that,

“Saya yakin dampak positif yang diamati dalam penelitian ini akan terus berlanjut dalam kehidupan siswa kami di masa depan, membantu mereka menghadapi berbagai tantangan dengan lebih efektif.”

"I believe that the positive impacts observed in this study will continue in the lives of our students in the future, helping them face various challenges more effectively."

Homeroom teachers expressed their hopes and expectations for the continued development and integration of the group counseling program into the school curriculum. Furthermore, the descriptive research data presented above is displayed in Table 1 below.

Table 1. Triangulation Table on the Effects of Group Counseling Based on Macapat Sinom on High School Students

Indicators	A1	A2	A3	A4	A5	A6	A7
A positive view of Macapat Sinom-based group counseling	√	√	√	√	√		
The importance of local wisdom values contained in Macapat Sinom	√	√					
Students perceive positive messages in the Macapat Sinom songs that motivate them in facing pressures and challenges	√		√				
<i>Counseling with the Macapat Sinom approach provides a unique experience in counseling</i>		√			√		
<i>The counseling helps enhance their resilience skills as millennials.</i>	√		√				
<i>Macapat Sinom counseling assists them in dealing with stress and pressure from a fresh perspective</i>		√		√			
<i>This counseling helps them feel more connected to their culture and ancestral heritage.</i>		√			√		
<i>This counseling helps them manage emotions and plan positive actions</i>					√		
<i>Positive changes in students.</i>						√	
<i>Increased awareness of students regarding local culture, particularly the local wisdom of Macapat Sinom</i>						√	
<i>The benefits of the Macapat Sinom approach not only provide practical guidance for addressing problems but also accommodate local and cultural values</i>						√	
<i>Group counseling programs assist students in building healthier social relationships</i>						√	

Indicators	A1	A2	A3	A4	A5	A6	A7
<i>The Macapat Sinom songs contain positive and inspirational messages that are relevant to the students' condition</i>						√	
<i>Students not only understand local cultural values but also successfully apply them in their daily lives</i>						√	
<i>Improved emotional well-being of students participating in the group counseling program</i>							√
<i>The group counseling program helps students build deeper relationships with their peers</i>							√
<i>Students learn how to view situations from various perspectives and seek effective solutions</i>							√
<i>The group counseling program introduces students to the local wisdom of Macapat Sinom</i>							√

Notes:

1. A1 to A5: Students
2. A6: School counselor
3. A7: Homeroom teacher

It is evident that the group counseling program based on Macapat Sinom has had a positive impact on students. This includes an improvement in their understanding of local culture, resilience skills, and emotional management. The program has also assisted students in building healthier social relationships and developing problems-solving abilities. Furthermore, the program has introduced students to the local wisdom of Macapat Sinom, which is expected to have a positive influence on their future lives.

DISCUSSION

Group counseling based on local wisdom Macapat Sinom creates a safe and open environment for students to talk about their personal problems and feelings. Interview results with students, Guidance and Counseling Teachers, and homeroom teachers at SMA Negeri 1 Gamping indicate that there is emotional openness and enthusiasm displayed by students during group counseling sessions. This understanding environment helps students feel heard, accepted, and more comfortable sharing their experiences with other group members. Local wisdom also helps in developing cultural identity and local pride, which can create a more comfortable and supportive learning environment for students to grow and develop (Pornpimon et al., 2014). Local wisdom is knowledge possessed by local people based on natural conditions, beliefs and culture (Asmal et al., 2023).

In the group counseling sessions conducted at SMA Negeri 1 Gamping, students learn to interact actively with fellow group members. Through this interaction, they experience improvements in interpersonal communication skills. These skills include empathetic listening and providing constructive responses. Thus, group counseling based on local wisdom Macapat Sinom helps strengthen students' social skills and facilitates better relationships among students. Education that integrates local wisdom can help students develop respect and appreciation for their own culture, which in turn can improve their social skills (Noviana et al., 2023).

In the group counseling process, the use of Macapat Sinom poetry as a source of inspiration has a positive impact on students. They begin to appreciate the local wisdom contained in the poetry. In the educational context, students and local wisdom have a close relationship, where local wisdom can be a valuable learning resource for students (Kizuk, 2011). Values of wisdom such as patience, wisdom, and gratitude become a source of inspiration in facing everyday life problems. The appreciation for local wisdom also helps students reflect on their cultural roots, which in turn can strengthen their cultural identity as Javanese people.

Participants in group counseling reported an overall improvement in psychological well-being. Social support from fellow group members and the implementation of local wisdom help reduce stress

levels and enhance the mental resilience of students in facing academic pressures and personal issues. Feeling accepted and supported by the counseling group contributes positively to their psychological well-being.

CONCLUSION

Positive Impact of Group Counseling: This research demonstrates that the implementation of Group Counseling Based on Local Wisdom Macapat Sinom has a positive impact on students at SMA N 1 Gamping. This reflects the effectiveness of this approach in helping students overcome various issues and explore their potential. **Increased Cultural Pride:** The research results indicate that students who participated in counseling based on Macapat Sinom experienced an increase in cultural pride. This highlights the importance of integrating local culture into counseling, as it can strengthen students' cultural identity and enhance their understanding of their cultural heritage. This research underscores the significance of contextualization in counseling practices. In the SMA N 1 Gamping environment, the approach based on Local Wisdom Macapat Sinom proved to be in line with the culture and values of the students, creating a supportive environment for their development.

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