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Utilizing the Local Wisdom of the 'Jamuran' Game in Group Counseling to Enhance Social Skills: A Literature Review

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ABSTRACT

Social skills are essential for supporting students' ability to interact, collaborate, and adapt to their social environment. This article aims to examine the use of the traditional *Jamuran* game as a local wisdom-based medium in group counseling to improve students' social skills. The study employed a literature review method by analyzing various relevant scientific publications related to the Jamuran game, local wisdom, group counseling, and social skills. Data were collected through searches in Google Scholar and the Open Access Theses and Dissertations (OATD) database using the keywords "*Jamuran* game," "local wisdom," "group counseling," and "social skills," with publications limited to the last five years. The selected literature was analyzed descriptively to identify findings regarding the effectiveness of the Jamuran game as an intervention medium in group counseling. The results indicate that the *Jamuran* game creates an active, enjoyable, and collaborative group atmosphere that promotes the development of communication, cooperation, empathy, rule compliance, and social interaction among students. Furthermore, integrating local wisdom into group counseling enhances cultural relevance, enabling students to better understand and internalize social values. These findings are expected to contribute to the development of local wisdom-based group counseling services and serve as a reference for educators and policymakers in designing interventions that are more responsive to students' needs. Based on the literature review, it can be concluded that utilizing the traditional *Jamuran* game in group counseling is an effective approach to improving students' social skills.

1. INTRODUCTION

An ideal school is an environment that is not only academically excellent but also capable of creating a harmonious, safe, inclusive, and conducive social ecosystem (Dodent et al., 2022). A conducive school climate can create a classroom learning environment filled with a sense of security, a sense of family, a caring attitude, and openness, making students feel comfortable learning at school (Nurhayati, 2025). Schools that make their students the subjects of learning will produce open individuals, creating a deep bond between teachers and students. In ideal conditions, the communication established between teachers and students in schools affects the effective delivery of learning materials (Barus et al., 2022). Middle school students, who are the average learners, were born in the "digital native" era, the first generation to be exposed to digital technology since birth (Ramadani, 2025), bringing significant changes to the way humans think and behave, particularly teenagers in building social relationships (Afifah et al., 2024). This transformation not only touches on the technical aspects of communication but also on the emotional and psychological aspects. Digitalization has shifted social interactions from the real world to the virtual world. Teenagers now interact more in front of

their phone screens, whether through instant messages, comments, or short videos (Saputri, 2024). Many teenagers have difficulty communicating assertively, expressing empathy, and resolving conflicts peacefully. Seeing the above conditions, Guidance and Counseling Teachers have a significant role in intervening in those situations. One of them is by providing group counseling services. Group counseling is an effort to provide assistance to students in a group setting that is preventive in nature (Hijr Amelya et al., 2025). Members not only receive assistance from a professional but also learn to provide support, accept feedback, and practice new behaviors with their peers. The group dynamics formed during the counseling process can serve as a highly valuable social learning tool for students (Yandri et al., 2022). The number of members in group counseling ranges from 8-10 people, with one counselor serving as the group leader (Pradnyani et al., 2025). In reality, the implementation of conventional group counseling often makes students feel bored and less emotionally engaged. One potential alternative that is often overlooked in modern counseling is the utilization of local wisdom through traditional games. Some researchers have studied the effectiveness of group counseling and traditional games separately, but those who have deeply examined the Jamuran game as an intervention technique in group counseling are very limited. Therefore, this article aims to present a literature review on the utilization of local wisdom in the Jamuran game within group counseling to enhance social skills. The results of this study are expected to provide theoretical contributions to the development of culture-based counseling, while also serving as a practical guide for counseling practitioners in designing innovative interventions.

2. RESEARCH METHOD

This research uses the literature review method. This method is carried out by collecting, filtering, analyzing, and synthesizing various scientific articles, as well as scientific sources relevant to the research topic. These sources were obtained through "Google Scholar" and OATD (Open Access Theses and Dissertations), which are reliable scientific search platforms. The main focus of this study is to explore the utilization of local wisdom from the traditional Jamuran game as an intervention technique in group counseling services to enhance students' social skills.

Table 1 Research Inclusion Criteria

Criteria	Inclusion
Duration	Publication of articles over a period of 5 years
Language	Indonesian and English
Type of Journal	Articles, theses, dissertations, and full-text PDF research journals
Theme	Utilization of Local Wisdom of Jamuran Game in Group Counseling to Enhance Social Skills: A Literature Study

The study selection process follows four main stages: identification, screening, eligibility assessment, and final inclusion. At the identification stage, approximately 40 articles were obtained from the entire database. After the removal of duplicate articles, approximately 30 unique articles remain. The screening stage was conducted by reviewing the titles and abstracts, resulting in approximately 20 articles deemed relevant. Next, the eligibility stage is conducted through full-text reading to ensure compliance with the inclusion criteria. The final

results show that 10 articles meet all the criteria and are included in the analysis. The keywords used are "Group Counseling," "Traditional Games," and "Social Skills."

3. RESULT AND DISCUSSION

Table 2. Research Results on the Utilization of Local Wisdom of Jamuran Game in Group Counseling to Improve Social Skills: Literature Review

Journal Title	Journal Name and Year	Author	Research Results
The effectiveness of group counseling with game techniques to improve self-confidence	Counseling Journal Indonesia http:/ejournal/uni kama.ac.id index.php/JKI Vol 8 No , April 2023	Rodian D Toy, Erly Oviane malelak	Group counseling with play techniques effectively increases teenagers' self-confidence. This is evident from the pre-test and post-test results, which show an increase of 73.8%.
Local Wisdom of Mushroom Games as Character Strengthening for Students through Guidance and Counseling Services	Journal of Education in Guidance and Counseling https:/e journal -stai-tbh.ac.id/index.php/mitra-ash-syibhan	Desy Syofianti, Yolan Marjuk	The research results conclude that local wisdom counseling services are effective in strengthening students' character. This is evidenced by changes in student behavior, such as throwing trash in its place and greeting each other.
A Phenomenological Study of Implementig Social-Emotional Learning skills Virtuality and its Influence on the teacher -student relationship	A dissertation presented in partial fullfillment of the requirements for the degree-Doctor of education-Liberty University 2024	Felicia Shenee spratt	Implementing Social Emotional Learning (SEL) virtally bridges physical distances, enhances empathy and strengthens the emotional bond between teachers and students, despite technical challenges and limited face-to face interactions
Integrity of Cultural Values in Karawitan within Local Wisdom-Based BK Services	Jurnal Bimbingan dan Konseling Universitas Nusantara PGRI Kediri. Tahun terbit Januari 2025	Doni Santoso, Sherlly Septiyani Nurul, Helda dena Fitara	Integritas nilai Budaya dalam karawitan terbukti efektif dalam membantu klien mengatasi masalah psikologis dan sosial melalui pendekatan berbasis budaya
Menumbuhkan kesadaran kultural melalui layanan BK yang berbasis kearifan lokal	Guidance and Counseling Journal of Universitas Nusantara PGRI Kediri. Published in January 2025	Gadis Ayu Permata hati, Dimas Febri Wicaksono	The research results prove that BK services based on local wisdom are effective in fostering cultural awareness. This is proven by students' ability to appreciate cultural diversity and maintain the preservation of traditional values.
A Virtual Group Counseling Study on the Effect of Renewing the Mind, Spiritual Formation and Enganging In Community On Women Saffering from Social Anxiety Througth the use of the Flourish Curriculum	A Thesis Project Repost Submitted to the Faculty of the Liberty University Liberty Theological Seminary in Candidacy for the Degree of Doctor of Ministry Februari 2025	Jennifer L Otero	The main finding of this study indicates that the integration of mind renewal, spiritual formation and community engangement through the flourish curriculum significantly reduced social anxiety levels in women. Below are the detailed key findings from this virtual group counseling study: anxiety reduction, power of community, cognitive shift and spiritual resilience
The Influence of Habitual Play of the Traditional Game "Tiga Jadi" on Solidarity and	Scientific Journal of Basic Education Postgraduate Program, Semarang State	Geovany evitawati, Ani Rusilowati	The Traditional Game Tiga Jadi has a significant impact on increasing solidarity and social interaction. This is evidenced by

Social Interaction at the Junior High School Level	University. Published in June 2025.		the experimental group that participated in the "Tiga Jadi" game having a higher average score compared to the control group.
The effectiveness of game-based psychoeducational group services in improving the social awareness of MTs students	Guidance and Counseling Journal Vol 9 No 3, Guidance and Counseling Study Program, Ahmad Dahlan University, August 2025	Tazkiya aulia azfin, Caraka Putra Bakti	Game-based psychoeducational group services are effective in increasing the social awareness of MTs students. It was proven that before the intervention, the average social awareness of the students was 41.25%, and after the intervention, it increased to 69.75%.
Integration of Jaranan Children's Songs in Gamelan Learning to Strengthen the Socio-Emotional Skills of Middle School Students through the Project-Based Learning Model	Journal of Cultural Arts Education, State University of Surabaya Vol.13 No 2, October 2025	Ahmad Muzaqqi, Amelia Hertha Cahyani, Citra Dyah Arsari	The Dolanan Jaranan Song in Gamelan Learning is Effective for Strengthening Students' Social-Emotional Skills. This is evidenced by changes in students' attitudes, such as their ability to cooperate and their self-confidence.
Integration of the traditional game engklek as a medium in group counseling services for middle school students	Guidance and Counseling Journal, Faculty of Educational Sciences and Psychology, December 2025	Nayla Ilma Izdi, Almaz laylia assa jidah, Achmad miftahul Ilmi	Traditional Engklek games are effective as a medium in group counseling services. This has proven to be able to increase student engagement and support the development of social, emotional, behavioral, and character aspects.

Based on the literature review conducted by the researchers, it can be broadly concluded that Guidance and Counseling services play a strategic role in helping individuals overcome various psychological, social, and emotional problems (Santoso et al., 2025). The problems experienced by adolescents are usually related to social interactions with peers. Peer groups provide support, challenges, and social pressure that shape how teenagers interact with the world. In the school environment, this ability to interact is called social skills. Social skills can be characterized by traits such as students not being awkward when communicating with others, having a good attitude, and being able to develop appreciation (Malelak, 2023). The results of the literature review indicate that the use of games in guidance and counseling services is an effective strategy for enhancing students' social skills. Games can create enjoyable counseling services, making students more active participants, easier to interact with, and more open in expressing their experiences and feelings. These conditions support the achievement of BK service goals, especially in enhancing self-confidence, social awareness, and interaction skills. Games play an important role in shaping students' interactions or social skills (Azfin et al., 2025). During play, students strive to create strong communication with their peers, of course, in enjoyable activities (Syofianti et.al., 2023). Playing activities can also foster positive character traits in students, including self-confidence, the ability to listen to others, empathy, and openness to criticism. Research by Ahmad Muzakki et al. (2025) proves that the integration of the Jaranan children's song in gamelan learning through Project Based Learning effectively strengthens students' social-emotional skills, especially in cooperation and

self-confidence. Play activities have been proven to facilitate deep learning in students by integrating intellectual, physical, social, and moral values (Muzaqqi et al., 2025). Meanwhile, research by Felicia Shenee Spratt (2024) and Jennifer L Otero (2025) shows that virtual group counseling services based on Social Emotional Learning (SEL) or Spiritual Formation can enhance empathy, strengthen teacher-student relationships, reduce social anxiety, and build participants' psychological resilience.

The implementation of counseling guidance in the form of group counseling using play media turns out to be more enjoyable and easier for students to follow. To make the counseling process feel different and meaningful, the researcher created traditional game media. Studies that integrate local wisdom into Guidance and Counseling services also show positive results. The research by Gadis Ayu Permata Hati and Dimas Febri Wicaksono (2025) proves that local wisdom-based counseling services enhance students' awareness to appreciate cultural diversity and preserve traditional values. The use of local cultural values such as traditional games is expected to enhance social skills and foster cultural awareness among students (Permata et al., 2025). Traditional games are part of local wisdom that holds educational values, including the strengthening of social interaction, cooperation, and empathy among students (Evitawati et.al., 2025). In Java, the traditional game Jamuran is rich in philosophical values, togetherness, adherence to rules, and interpersonal communication. The characteristics of the Jamuran game, which require cooperation, positive physical contact, verbal-nonverbal communication, and elements of cheerfulness, contain the main components in social skills training. Research by Desy Syofianti and Yolan Marjuk found that the traditional game Jamuran effectively strengthens students' character through positive behavioral changes, such as disposing of trash properly and getting into the habit of greeting others. Integrating Jamuran into group counseling is expected to create a culturally-based counseling atmosphere, allowing the process of internalizing social values to occur naturally and deeply. In several published articles, it has been stated that the use of traditional games in group counseling can enhance students' social skills.

4. CONCLUSION

Based on the overall analyzed research, there is a common thread that BK services integrating games, local culture, and socio-emotional approaches provide a more comprehensive impact compared to services that only focus on cognitive aspects. The three approaches complement each other in developing the affective, social, emotional, and character aspects of students. Thus, the results of this study strengthen the theoretical foundation that the development of group counseling services based on traditional games, which incorporate local wisdom values and social-emotional learning, is a relevant and effective alternative for enhancing students' social-emotional competencies. The findings of previous research can serve as a basis for developing a BK service model that aligns with the characteristics of students and the cultural context of Indonesia.

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