

## *Anrio Sappara* as Spiritual Coping within Selayar Community: A Multicultural Counseling Analysis Based on Pargament's Psychology Framework

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**Abstract.** Local wisdom plays a crucial role in shaping individual mindsets, behaviors, and psychological resilience. Within the Selayar community, the *Anrio Sappara* tradition serves as a form of spiritual coping that helps individuals manage psychological stress through prayer, remembrance, self-purification, and collective cleansing rituals. This paper examines how multicultural Guidance and Counseling can interpret and support this cultural practice using Pargament's psychological framework. A literature review method was employed, analyzing nine relevant scholarly articles. The findings indicate that integrating local wisdom, spiritual coping, and multicultural counseling approaches enables counselors to provide culturally sensitive and contextually meaningful services. Such integration strengthens psychological well-being, supports cultural identity, and enhances the relevance of counseling interventions for the Selayar community. The study highlights the importance of culturally grounded counseling practices as a pathway to promoting holistic well-being.

**Keywords:** *Anrio Sappara*; Spiritual Coping; Multicultural Counseling; Pargament's Psychology; Local Wisdom.



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### INTRODUCTION

Local wisdom is a fundamental element that shapes the dignity and identity of a community, as it forms the basis of the values and norms upheld in daily life (Hidayat, 2023). These values influence individual character and function as guidance for coping with life challenges, including psychological stress arising from imbalances in physical, psychological, and social needs. In the midst of globalization and increasing cultural diversity, cultural awareness becomes a key aspect in understanding individual personality. Counselors are required to understand clients holistically by recognizing the cultural systems that shape their thoughts, behaviors, beliefs, and perspectives (Wicaksono, 2025). This foundation is essential in multicultural counseling, where cultural sensitivity enables counselors to respect differences and utilize them as a medium for developing clients social and personal competence (Setiawan, 2022).

Speight in Yaniasti (2020) emphasizes three competencies counselors must master in

multicultural contexts: understanding clients specific cultural backgrounds, recognizing individual uniqueness based on developmental tasks, and acknowledging universal human values. These competencies help counselors provide services that are culturally sensitive and aligned with clients needs.

In the Selayar community, local wisdom plays a crucial role in shaping psychological resilience and coping patterns (Ahmadin, 2009). When individuals experience unmet needs leading to stress, spiritual coping often becomes a primary strategy, allowing them to manage distress through religious practices and spiritual meaning making. One concrete example of this is the *Anrio Sappara* tradition, practiced annually at the end of the month of Safar in Pulo Pasi, Desa Menara Indah, Kecamatan Bontomatene (Red, 2022; Firman, 2022). Through prayer, self purification, and collective rituals, *Anrio Sappara* is believed to provide psychological relief, emotional calmness, and a sense of protection.

This tradition aligns with Pargament’s concept of religious coping, which describes how individuals draw on spiritual beliefs and practices to gain meaning, peace, and strength in facing life pressures (Pargament, 1997; Muhammad et al., 2023). The components of *Anrio Sappara* including prayer, purification, and seeking divine protection reflect processes of surrender, cleansing of negative emotions, renewal of hope, and strengthening of social bonds (Firman, 2022).

Despite its cultural and spiritual significance, the psychological function of *Anrio Sappara* as a form of spiritual coping has not been widely explored within the framework of multicultural Guidance and Counseling. Previous studies tend to focus on ritual descriptions, leaving a research gap regarding its relevance for counseling practice.

Therefore, this study addresses the question: How does *Anrio Sappara* function as spiritual coping in the Selayar community, and how can this understanding strengthen multicultural counseling practices based on Pargament’s framework? The objective is to analyze the psychological meaning embedded in the ritual and discuss its implications for culturally responsive counseling. By bridging local wisdom, spiritual coping theory, and multicultural counseling principles, this study highlights the importance of culturally grounded practices in supporting emotional resilience and community wellbeing.

## METHOD

This study employed a qualitative approach using a literature review design. This method was applied to systematically collect, organize, identify, summarize, synthesize, and evaluate previous research related to the topic (Agus et al., 2023). As stated by Aliyah and Mulawarman (2020), a literature review aims to provide a comprehensive understanding of existing knowledge and generate interpretative findings based on prior studies.

The population of this review consisted of scholarly works discussing multicultural guidance and counseling, the *Anrio Sappara* tradition, and Pargament’s theory of spiritual coping. Literature was selected through

purposive sampling by identifying relevant sources indexed in Google Scholar and credible online media using the keywords “BK Multikultural,” “*Anrio Sappara*,” and “Teori Pargament.” A total of nine articles were included based on relevance, recency, and methodological clarity.

The procedure involved three stages: (1) collecting relevant literature from the predetermined sources; (2) conducting a detailed examination of each selected article, followed by synthesis and evaluation of the findings; and (3) drawing conclusions based on the integrated results. The analysis plan consisted of thematic synthesis to identify recurring patterns related to multicultural counseling roles, cultural values in the Selayar community, and the conceptual alignment of *Anrio Sappara* with Pargament’s spiritual coping framework. The validity of the review was strengthened through source triangulation, cross-comparison between studies, and adherence to established literature review protocols.

This method provides secondary data that can serve as a reference for future researchers working on similar topics. Furthermore, the literature review approach enables the researcher to describe the role of multicultural guidance and counseling in understanding clients holistically, appreciating cultural diversity, and utilizing local traditions as sources of psychological support.

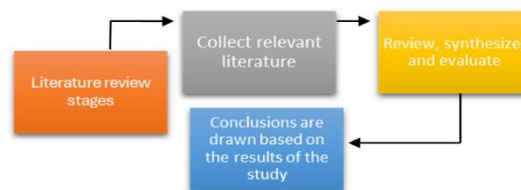


Figure 1. Literature review process

## RESULTS AND DISCUSSIONS

### Results

A total of 20 sources were reviewed related to the topic of this study. From these, 9 sources were selected and paraphrased to be presented in Table 1 as the main references in the analysis. A summary of the findings from these sources is presented in the table below:

**Table 1.** Literature Review Findings

No	Author	Year	Title	Findings
1.	Wicaksono, D. F.	2025	Fostering Cultural Awareness through Guidance and Counseling Services Based on Local Wisdom	Emphasizes the importance of cultural awareness in counseling services to understand the client's cultural background and to develop culturally sensitive services.
2.	Hidayat, A.	2023	Internalization of Local Wisdom Values in Guidance and Counseling Science	Local wisdom serves as the foundation for shaping character, norms, and positive behaviors in counseling practices.
3.	Yaniasti, N. L.	2020	Implementation of Culture in Effective Counseling Communication	Counselors must understand the client's specific cultural background to interpret behaviors, build effective communication, and adjust counseling services.
4.	Setiawan, I.	2022	Multicultural Counselor Competence: The Essence of Counseling Implementation in Schools	Counselors need cultural sensitivity and the ability to respect diversity and develop students' social skills through multicultural counseling..
5.	Ahmadin, A.	2009	Kapalli': Local Wisdom of the Selayar People	Local wisdom shapes the mindset, behaviors, and psychological resilience of the Selayar community.
6.	Red	2022	The <i>Anrio Sappara</i> Tradition in Pulo Pasi, Believed to Cleanse Emotional Disturbances	<i>Anrio Sappara</i> serves as a form of spiritual coping that helps cleanse negative emotions and strengthens social relationships.
7.	Muhammad, M. T. H., Zubair, A. G. H., & Nurhikmah, N.	2023	Religious Coping among Prisoners at Class IA Correctional Facility, Makassar	Religious coping helps individuals find meaning, peace, and strength in dealing with life stressors.
8.	Pargament, K. I.	1997	Residents of Menara Indah Village Hold	Spiritual coping is an individual's strategy of using religious practices

			Annual Anrio Sappara Cultural Event	to manage stress, find meaning, and achieve emotional balance.
9.	Firman	2022	Residents of Menara Indah Village Hold Annual Anrio Sappara Cultural Event	The Anrio Sappara tradition strengthens community bonds and nurtures shared spiritual values that support psychological well-being.

**Discussions**

**Local Wisdom as a Psychological Foundation**

Local wisdom is knowledge that develops over a long period of time and evolves together with the community and its environment. Well-cultivated, preserved, and practiced local values function as life guidelines, helping to filter new values so they remain aligned with the nation’s character, and maintaining harmonious relationships between humans and God, nature, and others (Sari, 2025).

In addition to functioning as social norms, local wisdom also serves as an adaptive strategy that helps individuals and communities achieve psychological balance. These values enable people to manage emotions, regulate behavior, and cope with life challenges effectively, thus fostering psychological resilience in daily life (Maro et al., 2025).

Furthermore, local wisdom acts as a social institution and value system that forms the psychological and cultural foundation of society. Studies on the Selayar community show that local traditions and practices not only shape cultural identity but also serve as sources of mental strength, behavioral regulation, and community resilience against social changes and the pressures of modernity (Ahmadin, 2009).

**Integration of Pargament’s Perspective**

The Selayar community frequently performs *tolak bala* rituals to reduce anxiety and cope with the pressures of daily life. This practice aligns with the concept of spiritual coping, defined as the use of religious resources including religious institutions, beliefs, attitudes, and practices to reduce emotional distress caused by unpleasant life events (Birhan and Eristu, 2023). Religion functions as a philosophical orientation that shapes how individuals understand reality and suffering in life (Pargament, 1997).

Research indicates that religious beliefs and practices are associated with an individual’s

ability to cope with stress more effectively (Garssen et al., 2021). The psychological mechanisms that enable this include: first, religion provides skills for problem solving, understanding suffering, and neutralizing negative emotions; second, it offers structured lifestyle practices such as rest, meditation, mindfulness, and moderation, while also building social support through a sense of belonging in the community; third, religion strengthens internal locus of control, allowing individuals to respond more positively to difficult situations (Ayun et al., 2024).

Religious practices involving meditation, prayer, or ritual worship can reduce self destructive tendencies, alleviate stress and anxiety, enhance self control, and foster a sense of safety and confidence. Positive religious coping fosters a harmonious relationship with God and supports collaborative interactions grounded in safety and love (Desmet et al., 2022). Pargament (1997) emphasizes that when individuals face stress, they rely on religion, spirituality, values, and cultural frameworks as mechanisms to find meaning, tranquility, and strength.

Pargament’s concept of spiritual coping can be applied to the *Anrio Sappara* tradition in Selayar, in which practices such as prayer, dzikir, purification rites, and communal bathing serve as concrete forms of religious coping. These rituals not only help cleanse negative emotions and calm the inner self but also strengthen social and spiritual bonds within the community, making them an effective medium for managing stress and enhancing collective psychological resilience.

**Anrio Sappara as a Form of Spiritual Coping**

*Anrio Sappara*, also known as the Safar Bath tradition, is a cultural ritual carried out at the end of the month of Safar by the community of Pulo Pasi, Menara Indah Village, Bontomatene District, Selayar Islands Regency (Red, 2022). This ritual involves traditional leaders, religious leaders, and village authorities as an expression

of gratitude to Allah SWT and as a prayer for protection and safety for the community members (Firman, 2022).



**Figure 2.** The *Anrio Sappara* Tradition in the Selayar Community

The ritual begins with the preparation of a pole decorated with flags and written prayers by the traditional leader. The pole is then handed over to a religious leader who leads collective remembrance and prayer at the shoreline. The entire community then enters the sea and circles around the pole in a movement similar to tawaf while reciting blessings upon the Prophet five times. The main stage of the ritual is communal bathing, during which community members pour water on one another, including traditional and religious leaders. This bathing activity is believed to purify the self, cleanse negative feelings such as envy and resentment, calm the inner self, and foster a sense of safety, hope, and social connectedness (Red, 2022; Firman, 2022).

In the context of a religious and multicultural Indonesian society, spirituality forms an essential dimension of worldview and problem solving (Nabih et al., 2025). Spiritual counseling works through key mechanisms such as the creation of life meaning, emotional regulation, a transcendental relationship with something greater, and the development of positive coping strategies to replace maladaptive stress responses.

From Pargament's perspective on spiritual coping (1997), the *Anrio Sappara* ritual serves as a means for dealing with stress and life pressures through a religious approach. Prayer, remembrance, self purification, and communal bathing help individuals interpret difficulties as part of God's plan, calm the mind, strengthen spiritual feelings, and transform stress reactions into more positive and peaceful responses (Muhammad et al., 2023).

### **The Role of Multicultural Guidance and Counseling in the *Anrio Sappara* Tradition as a Spiritual Coping Mechanism**

Multicultural guidance and counseling is an approach that emphasizes the importance of understanding the cultural diversity, values, beliefs, and behaviors of individuals and groups within society. Mufrihah in Haryadi (2020), explains that this approach is not only oriented toward professionalism but also prioritizes the principles of multiculturalism, which include appreciating, understanding, and adjusting services according to different cultural backgrounds.

In the context of the Selayar community, the *Anrio Sappara* tradition serves as a cultural practice functioning as a spiritual coping mechanism to deal with stress and life pressures. This ritual, which involves prayer, remembrance, and communal bathing, is believed to help individuals cleanse negative feelings, calm their inner state, and strengthen a sense of safety and social connectedness (Supriyanto et al., 2023).

The role of multicultural guidance and counseling in this context is broad and multifaceted. This approach helps counselors understand the cultural and spiritual meaning of local traditions, including religious, symbolic, and social dimensions, so that counseling interventions become more relevant and sensitive to the community context. Counselors can utilize the *Anrio Sappara* practice to help the community or students interpret the ritual experience as a form of positive spiritual coping. For example, a counselor may invite individuals to reflect on the meaning of prayer and remembrance during the ritual or discuss the communal bathing experience as a way to cleanse negative emotions and cultivate social bonding.

In addition, multicultural guidance and counseling allows counselors to build empathy and harmonious relationships with the community. Counselors can adjust their communication and respect cultural differences so that interactions become collaborative and supportive. Furthermore, this approach enables the integration of cultural values into counseling strategies, positioning local traditions as a medium for strengthening the emotional and social resilience of the community, while also enhancing cultural and spiritual awareness that reinforces collective identity (Haryadi, 2020).

Multicultural guidance and counseling upholds the understanding of cultural diversity, values, and individual beliefs. In the Selayar community, the *Anrio Sappara* tradition held every month of Safar serves as a spiritual coping mechanism that helps cleanse negative feelings, calm the mind, and strengthen social

connectedness. Counselors can utilize the values and meanings of this ritual in counseling sessions by inviting individuals to reflect on prayer, remembrance, and communal bathing as symbols of stress management and the reinforcement of psychological resilience within the cultural context. Thus, multicultural guidance and counseling is able to provide culturally sensitive services and strengthen the psychological well being of individuals.

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