

EMPATHY AS THE KEY TO SOCIAL INTEGRATION AMONG ADOLESCENTS IN A MULTICULTURAL SOCIETY

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Abstract - Indonesia, as an archipelagic country rich in cultural, ethnic, religious, and linguistic diversity, but there are still several conflicts between groups, both in schools and in society. This study aims to strengthen empathy as a key to social integration among adolescents in Nglinggi Village, South Klaten District, Klaten Regency. This study uses a case study method with a qualitative descriptive approach. This method is used to describe in depth how empathy plays a role as a key to social integration among adolescents in Nglinggi Village. This case study focuses on the implementation of a diversity seminar organized by KKN 114 Group 207 UIN Sunan Kalijaga Yogyakarta as one of the work programs. The results of the study adolescents can better understand empathy through discussion activities, reflection, and interaction with peers from different backgrounds, because emotional responses and real actions allow adolescents to learn to put themselves in other people's shoes, even though they have differences in culture, religion, or life experiences.

Keywords: Empathy, Integration, Multicultural

1. INTRODUCTION

Indonesia, as an archipelagic country rich in cultural, ethnic, religious, and linguistic diversity, has long upheld the motto “Bhinneka Tunggal Ika”. This motto, which literally means “Different but still one”, has become a philosophical foundation for national unity (Riyadi et al., 2024). This abundant cultural wealth has formed a unique and complex national identity. However, behind the beauty of diversity, there are also challenges that are not easy to overcome. The differences that exist, if not managed properly, can trigger conflict and division. Therefore, efforts to build national integration are becoming increasingly crucial, especially in the context of an increasingly complex and dynamic modern society.

National integration in Indonesia is an ongoing process and requires commitment from all levels of society. This process requires a deep understanding of national values, tolerance, and mutual respect. Young people, especially teenagers, have a very important role in maintaining national unity (Lubis & Siregar, 2021). As the next generation, they are expected to be agents of positive change and be able to build bridges between differences. However, the process of national integration is also faced with various challenges, such as globalization which brings foreign cultural influences, the development of information technology that can spread inaccurate or provocative information, and the existence of extreme groups trying to divide the nation (Sa’duh & Nelwati, 2024).

Although Indonesia is rich in cultural diversity and upholds the motto “Bhinneka Tunggal Ika”, inter-group conflicts still often occur, both in schools and in society. This phenomenon is complex and influenced by various factors, ranging from socio-economic disparities, competition for resources, to a lack of understanding and tolerance between groups (Ridho et al., 2022). One of the basic roots of the problem is the lack of empathy among the community, especially adolescents. This lack of empathy often triggers the emergence of negative stereotypes, prejudice, and discrimination against other groups (Febrianti et al., 2023). Unfounded stereotypes and narrow prejudices can lead to hostility and open conflict. In addition, a lack of understanding of other cultures can also lead to miscommunication and misunderstandings, which ultimately hinder the process of national integration (Anggraini & Wijayanti, 2024).

Empathy acts as a very important social glue in a diverse society. By developing empathy, adolescents can put themselves in other people's shoes, understand their perspectives, and appreciate the differences that exist (Diswantika et al., 2022). Empathy allows adolescents to build better relationships with peers from different backgrounds, and reduces the likelihood of conflict. In addition, empathy can also encourage adolescents to engage in social activities that benefit the community, such as volunteering or tolerance campaigns (Sumantri et al., 2023). In other words, empathy is key to building an inclusive society, where everyone feels valued and accepted, regardless of their differences in background (Khair et al., 2024).

In developing adolescent empathy for the creation of social unity and harmony, the family and community environment play a very crucial role. The

family, as the first social unit, is the first place for adolescents to learn about empathy (Muslih et al., 2022). Through daily interactions with family members, adolescents are taught to understand the feelings of others, share, and respect each other. Parents can be good role models by showing empathy in everyday life (Lenggu, 2023). In addition, family activities such as gathering, discussing, or doing social activities together can strengthen family ties and foster a sense of empathy in adolescents (Harahap et al., 2024).

The community, as a broader social environment, also plays an important role in shaping the character and values of adolescents. Through participation in community activities, adolescents can interact with people from various backgrounds and learn to appreciate differences (Aryati et al., 2024). Activities such as volunteering, discussion groups, or religious activities can be a place for adolescents to develop empathy and a sense of sociality. In addition, the community can also provide a space for adolescents to explore their interests and talents, and build positive social networks (Ash Shidiqie et al., 2023). Thus, both family and community have complementary roles in shaping the character of adolescents who are empathetic and care about others.

Increasing empathy among adolescents will not only have a positive impact on individuals, but will also bring significant changes to society as a whole. Adolescents as the next generation of the nation have a very crucial role in maintaining the sustainability and progress of the country (Fahrezi et al., 2023). By having high empathy, adolescents will be able to build more harmonious relationships with others, regardless of differences in background, ethnicity, religion, or group. Empathy will encourage adolescents to be more tolerant, appreciate differences, and avoid conflict (Diswantika et al., 2022). In addition, empathetic adolescents are also more likely to be involved in social and humanitarian activities, thus contributing to the development of a better society (Jannah & Nursalim, 2023).

In the context of diversity in Indonesia, empathy is a very valuable social capital. By understanding the feelings and perspectives of others, adolescents can act as a bridge between groups (Prasetiawan, 2016). They can help ease social tensions, resolve conflicts, and build an inclusive society. Empathy will also encourage adolescents to be active in maintaining national unity. In the challenging era of globalization, adolescents who have high empathy will be better prepared to face various social problems and be able to provide constructive solutions. Therefore, efforts to increase empathy in adolescents must be a shared concern, both from families, schools, and society as a whole (Judrah et al., 2024).

Based on the description above, this study aims to study how empathy can help teenagers in Indonesia live peacefully in diversity. This study will look at the level of empathy of teenagers, the factors that influence it, and the relationship between empathy and attitudes of tolerance and social participation. In addition, this study will also try to find ways to increase empathy in teenagers and provide policy suggestions to create a more harmonious society.

2. METHOD

This study uses a case study method with a qualitative descriptive approach. Understanding individual perspectives, searching, finding, and explaining processes, and gaining in-depth knowledge about a particular research subject or situation, are the goals of qualitative research (Putria et al., 2020). This method is used to describe in depth how empathy plays a key role in social integration among adolescents in Nglinggi Village, South Klaten District, Klaten Regency. This case study focuses on the implementation of a diversity seminar organized by KKN 114 Group 207 UIN Sunan Kalijaga Yogyakarta as one of the work programs. Nglinggi Village as the location of KKN has cultural diversity and openness of society to participate in the activities of this work program. This diversity seminar is a starting point to directly observe how adolescents respond to activities aimed at increasing empathy and intercultural tolerance.

The research subjects in this case study were participants in a diversity seminar who were teenagers aged 15-18 years and came from various cultural backgrounds in Nglinggi Village. The selection of subjects was carried out by purposive sampling, with the criteria of actively participating in seminar activities. Purposive sampling is used to select research subjects, meaning that participants are selected based on predetermined standards (Sugiyono, 2017). In addition to seminar participants, field supervisors, resource persons for seminar speakers, and community leaders involved in seminar activities will also be used as research subjects to gain a broader perspective.

Data collection in this study was conducted through various methods. First, participant observation was conducted during the seminar to observe interactions between participants, participant responses to seminar materials, and group dynamics. Second, in-depth interviews were conducted with several selected seminar participants to dig deeper into their understanding of the concept of empathy, their experiences in interacting with peers from different cultural backgrounds, and changes in attitudes after attending the seminar. Unstructured interviews conducted without using interview guidelines that have been carefully and methodically prepared for data collection were used in this study (Sukmadinata, 2013). Third, documentation in the form of photos, videos, and field notes will also be collected to complete the research data.

Data obtained from observation, interviews, and documentation will be analyzed qualitatively using thematic analysis techniques. According to Braun & Clarke in Heriyanto (2018), thematic analysis is one way to analyze data with the aim of identifying patterns or finding themes through data that has been collected by researchers. Thematic analysis is carried out by identifying themes that appear repeatedly in the data, such as changes in participants' attitudes towards diversity, increased empathy, and obstacles in developing empathy. These themes will then be grouped and connected to each other to form a conceptual framework that explains how diversity seminars affect the level of empathy and social integration of adolescents in Nglinggi Village.

3. RESULTS AND DISCUSSION

In the context of an increasingly diverse society, understanding empathy becomes increasingly relevant. The diversity seminar held in Nglinggi Village has provided an opportunity to dig deeper into how empathy can contribute to building a more inclusive and tolerant society. The following discussion will present research findings that are relevant to contemporary issues related to diversity, identity, and human relationships.

A. Understanding Empathy Among Teenagers

Adolescents' understanding of empathy is a dynamic concept that continues to develop along with social change and individual development. Before attending the seminar, many adolescents may have had a basic understanding of empathy as the ability to understand the feelings of others. However, based on observations, most adolescents define empathy as the ability to understand the feelings of others. However, this understanding is still simple and tends to focus more on the cognitive aspect, namely limited to understanding what others feel. Only a small number of adolescents connect empathy with real actions, such as providing assistance or support to people in need. Therefore, diversity seminars can be a catalyst for adolescents to dig deeper into the meaning of empathy. Through discussion activities, reflection, and interaction with peers from different backgrounds, adolescents can begin to understand that empathy involves not only cognitive understanding, but also emotional responses and real actions. They can learn to put themselves in the shoes of others, even though they have differences in culture, religion, or life experiences.



Figure 1. Diversity seminar activities for teenagers in Nglinggi Village

Diversity seminars have great potential to develop adolescents' understanding of empathy. The level of empathy of adolescents before and after attending the seminar also showed interesting changes. Before attending the seminar, most adolescents tended to be more individualistic and less sensitive to the feelings of others. However, after attending the seminar, there was an increase in awareness of the importance of empathy and an effort to better understand the perspectives of others. This can be seen from the increase in positive interactions between seminar participants, especially between adolescents from different cultural backgrounds. These changes are likely influenced by various factors, such as exposure to diverse perspectives during the seminar, in-depth group

discussions, and self-reflection. In addition, seminars can help adolescents develop the affective dimension of empathy, which is the ability to feel the emotions of others. They can learn to better identify and respond to the emotions of others. The behavioral dimension of empathy can also develop, where adolescents learn to demonstrate empathetic actions in everyday life, such as helping others, listening attentively, or providing emotional support.

B. Development of Empathy in Adolescents

The development of empathy in adolescents is a complex process and is influenced by a variety of factors. Diversity seminars are one example of an activity that can help raise adolescents' awareness of the importance of empathy and encourage them to better understand the perspectives of others. However, these seminars are only one part of a broader effort to foster empathy. The social environment, including family, peers, and social media, also plays a very significant role in shaping adolescents' understanding and behavior of empathy.

Adolescents who grow up in supportive environments, such as families that emphasize the values of empathy and mutual respect, tend to have higher levels of empathy. Personal experiences, such as facing discrimination or helping others, can also be factors that shape adolescents' understanding of empathy.

Additionally, exposure to positive and inspiring social media content can increase adolescents' awareness of the importance of empathy.

Empathy plays a very important role in the lives of individuals and society. Empathy can motivate someone to take prosocial actions, such as helping others in need. The ability to feel what others feel can also help adolescents resolve conflicts and build better relationships with those around them (Mulyawati et al., 2022).

C. Factors that Influence the Development of Empathy

Education plays a very important role in developing empathy in adolescents. Character education, which emphasizes values such as honesty, responsibility, and empathy, can help adolescents become better individuals. By having these values, adolescents become more confident in facing various situations and challenges in everyday life and in the future (Arifin et al., 2023). In addition, education that encourages open dialogue, empathy, and understanding of differences can reduce the negative impact of stereotypes and prejudice (Mindariati et al., 2023).

In addition to education, there is also the role of the family in developing empathy in adolescents. The family is the first and foremost environment for adolescents to learn about empathy. Parents can be good role models by showing empathy in everyday life. The role of parents in adolescent spiritual education such as teaching moral values, involving them in religious activities and providing an understanding of the religious beliefs and practices held by the family has a significant impact on adolescent development. Adolescents who receive good spiritual education tend to have a better understanding of moral values, empathy,

and a sense of connectedness with others. They also have a higher tendency to develop a positive attitude towards life, are able to overcome challenges, and have better psychological well-being (Lenggu, 2023).

The community also plays an important role in shaping adolescent values and attitudes. Empathy can emerge when participating in community activities such as volunteering. These activities can help adolescents develop empathy through direct experience of helping others. Empathy is one of the factors that influences altruism in adolescents. Other factors that influence altruism in the community are self-satisfaction, and believing in world justice that goodness will be rewarded by God. Altruism motivation is closely related to empathy which drives the prosocial behavior of its members (Wibowo, 2023).

D. Challenges and Obstacles to Developing Empathy in Adolescents

In this modern era, it is undeniable that the rapid development of information technology such as social media has an influence on its users, especially teenagers. Excessive use of social media or the internet is inseparable from the risk of being involved in cyberbullying behavior. There are many factors that influence the occurrence of cyberbullying, ranging from external factors such as the use of social media, and school climate. In addition to external factors, internal factors in individuals can also be risk factors for involvement in cyberbullying, such as empathy. The absence of this sense of empathy will later influence individuals in carrying out cyberbullying (Qolbya et al., 2023). Therefore, it is important to create a safe and inclusive environment for all teenagers.

Challenges in developing empathy include less interaction with the physical school environment, individualism, religious differences and customs can reduce opportunities for adolescents to develop social skills, empathy and cooperation (Sagala et al., 2024). Negative stereotypes about certain groups can hinder adolescents' ability to see individuals as unique and complex human beings. Prejudice can cause adolescents to generalize negative traits in certain groups, making it difficult for them to empathize. Adolescents who cannot overcome negative stereotypes and prejudices that arise in multicultural societies tend to experience emotional stress, insecurity, social isolation, and negative influences on their identity (Mindariati et al., 2023).

Empathy is very difficult to do when adolescents are in conditions that do not allow it, such as victims of bullying. Victims of bullying are more likely to be withdrawn, depressed, anxious, and afraid of new situations than their peers. These experiences of discrimination or bullying can make adolescents feel insecure and defensive, making it difficult for them to open up to the experiences of others (Rahma et al., 2022).

E. Implications of Empathy for Social Integration among Adolescents

Empathy, the ability to understand and feel what others feel, is an essential foundation for building a harmonious and tolerant society. In an era of

globalization, adolescents increasingly interact with individuals from different cultural backgrounds. The ability to empathize allows them to appreciate differences, build stronger relationships, and resolve conflict in more constructive ways. When adolescents can put themselves in another person's shoes, they are more likely to accept different views, reduce prejudice, and avoid stereotyping. This creates a more positive and inclusive climate, where all individuals feel valued and accepted.

In an increasingly diverse society, empathy serves as a bridge that connects individuals from different backgrounds. By understanding another person's perspective, teens can build trust and respect. Empathy can also help teens navigate challenges related to cultural identity. When teens feel accepted and understood by their peers, they are more likely to develop positive self-esteem and self-confidence. This is especially important for teens from minority or marginalized groups, who often feel isolated or excluded.

Empathy can be formed through effective communication. This can be done by promoting mutual understanding, avoiding conflict, and building bridges between individuals or groups with different religious beliefs. Effective communication patterns help prevent conflict and promote mutual understanding between individuals or groups with different religious beliefs. Active listening and empathy are important in building a harmonious society (Azmi et al., 2023).

To strengthen empathy among adolescents, comprehensive efforts are needed from various parties, including schools, families, and communities. Schools can play an active role in facilitating empathy learning through inclusive curricula, extracurricular activities that encourage interaction between students from different backgrounds, and peer mentoring programs. Teachers can also be role models by demonstrating empathy in everyday interactions with students.

Families play a very important role in instilling empathy values in children from an early age. Parents can create a warm and supportive family environment, where differences of opinion are valued and discussed openly. They can also encourage children to interact with people from different backgrounds through family activities, such as visiting different places of worship or participating in volunteer activities.

The community can also play a role in strengthening empathy among adolescents through various programs and initiatives. Programs that focus on increasing awareness of cultural diversity, such as cultural festivals or crosscultural workshops, can help adolescents understand and appreciate differences. In addition, the mass media can also play an important role in promoting the values of empathy and tolerance through positive and constructive broadcasts. These three things build a strong culture of interaction between members of society so as to foster an empathetic character and a positive environment, especially for adolescents (Hudaya, 2022).

Developing empathy in adolescents is a very important long-term investment. Adolescents who have high empathy will be better able to face complex global

challenges, such as climate change, social inequality, and inter-group conflict. By cultivating empathy in the younger generation, we can build a better future, where everyone lives in harmony and respects each other.

4. CONCLUSION

Based on the results and discussion, it can be concluded that the development of empathy in adolescents is a crucial step in building a more inclusive and tolerant society. Through diversity seminars and various other efforts, adolescents' understanding of empathy can be significantly improved. However, the development of empathy is a complex and ongoing process, involving various factors such as family, school, community, and media. By creating an environment conducive to the growth of empathy, we can equip adolescents with important social skills to live side by side with people from different backgrounds. Empathy not only helps adolescents build better relationships, but also allows them to contribute positively to society. Therefore, investing in the development of empathy in adolescents is an investment for a brighter future.

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