

Grant Awardees

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(Main Hall A)

WACP Grant Award Session

[GA-1-01] *NYAWIJI, GREGET, SENGGUH, ORA MINGKUH*:
SUPPORTIVE PSYCHOTHERAPY THROUGH THE LENS OF *KAWRUH JOGED MATARAM*

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Keywords : Kawruh Jaged Mataram, Supportive psychotherapy, Javanese culture, Javanese tradition

Background: Kawruh Jaged Mataram refers to the philosophy and knowledge behind the traditional dance forms of the Mataram Kingdom (now Sultanate of Yogyakarta), Indonesia. It encompasses not only the technical aspects of the dance but also the deeper philosophical, spiritual, and cultural values embedded in the art form. This concept highlights the integration of physical expression, inner mindfulness, and social harmony, reflecting Javanese ideals of balance and refinement. Using *Kawruh Jaged Mataram* in psychotherapy also counters mental health stigma in non-Western societies by integrating familiar cultural elements.

Objectives: This study aims to explore the values of supportive psychotherapy through the lens of *Kawruh Jaged Mataram*.

Methods: This study is conducted through a comprehensive literature review, also incorporates insights from classic Javanese literature to provide a culturally grounded perspective.

Results: In the Javanese worldview, *Nyawiji*, *Greget*, *Sengguh*, *Ora Mingkuh* represents fundamental principles that guide personal conduct, relationships, and harmony with the universe. These principles encompass values that align closely with the goals of supportive psychotherapy, emphasizing emotional regulation, resilience, and harmonious relationships.

Discussion: *Nyawiji* emphasizes unity and harmony, promoting the integration of mental, emotional, and physical well-being, which aligns with supportive psychotherapy's goal of treating the whole person. *Ora Mingkuh* encourages commitment and responsibility, as motivation to actively participate in their therapeutic journey. *Greget*, which symbolizes passion and determination, inspires clients to face challenges with vitality and purpose. *Sengguh* emphasizes confidence balanced with humility, helping clients build self-esteem while maintaining openness to growth and connection with others. These principles resonate with the therapeutic aim of fostering a balanced sense of self and interpersonal relationships.

Conclusion: Integrating the values of *Kawruh Jaged Mataram* in supportive psychotherapy involves aligning therapeutic practices with the principles these values represent. These Javanese philosophical concepts can enhance therapy by promoting emotional balance, self-awareness, resilience, and commitment.