This graph has the shape of a cosine function that has been reflected around the *x*-axis. The effect of the negative sign in the equation is to reflect the graph around the *x*-axis.

The amplitude of this graph and $y = -\frac{1}{3}\cos 3x$ is $\frac{1}{3}$.

This graph has one cycle on the interval $\left[-\frac{\pi}{3}, \frac{\pi}{3}\right]$, so it has a period of $\frac{2\pi}{3}$. The function $y = -\frac{1}{3}\cos 3x$ also has a period equal to $\frac{2\pi}{3}$.

So the graph and the function match.