

ABSTRAK

Realisasi Diri Penganut Kerohanian Sapta Darma Menurut Perspektif Carl Gustav Jung

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Setiap individu mengalami krisis di sepanjang rentang kehidupannya. Krisis dapat diatasi apabila individu mempunyai pemahaman diri sehingga dapat memaknai kehidupan, mempertahankan individualitasnya ditengah kemajemukan lingkungan dan merealisasikan dirinya. Setiap individu mempunyai cara tersendiri mencapai realisasi diri, diantaranya melalui upaya rohani seperti yang dijalani penganut Kerohanian Sapta Darma. Penghayatan penganut terhadap ajaran yang berbasis budaya Jawa terutama mawas diri, memfasilitasi pemahaman dan perwujudan potensi diri.

Penelitian ini bertujuan menggambarkan realisasi diri penganut Kerohanian Sapta Darma. Realisasi diri meliputi pemenuhan potensi diri, baik kesadaran maupun ketidaksadaran sehingga perspektif yang digunakan ialah psikologi dalam C. G. Jung. Jenis penelitian ini adalah penelitian deskriptif dengan metode kualitatif. Data diambil dengan menggunakan metode wawancara dan observasi. Subjek 3 orang, ditentukan secara berantai dengan kriteria menjabat status Tuntunan, usia 40 tahun keatas, mengikuti Sapta Darma minimal 10 tahun dan sujud panggilan minimal 5 kali. Pengolahan data meliputi penulisan verbatim, editing, pengkategorisasian dan pengkodean. Analisis yang digunakan adalah analisis antar kasus kemudian diinterpretasikan menurut pemahaman teoritis. Data diperiksa keabsahannya melalui konfirmasi dengan sumber dan pihak yang berkompeten.

Hasil penelitian menunjukkan bahwa ritual sujud memfasilitasi penyadaran sisi yang sebelumnya tidak disadari sehingga fungsi psikis pengindra, pikiran, perasaan dan intuisi dapat terintegrasi dan kesadaran diri meningkat. Peningkatan kesadaran diri penganut Kerohanian Sapta Darma berupa kesadaran potensi dan kehendak diri, nilai dan prinsip hidup mendukung tercapainya realisasi diri yang ditandai oleh berkurangnya tegangan batin, meningkatnya penyesuaian diri, ungkapan diri, toleransi dan empati sehingga dicapai keseimbangan mikrokosmos dan makrokosmos. Penelitian ini memberi kontribusi bagi kemajuan indigenisasi ilmu psikologi di Indonesia, terutama psikologi pendidikan dan klinis, serta bagi masyarakat umum dalam menghadapi masa krisis kehidupan.

Kata kunci: Realisasi diri, Kerohanian Sapta Darma, mawas diri

ABSTRACT

Self Realization of Kerohanian Sapta Darma Disciples In Carl Gustav Jung Perspective

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Each individual experiences crisis period along his/her life. This crisis can be handled if the individual has self comprehension so he/she understands life defends his/her individuality in the amid of pluralities environment and realizes him/herself. Each individual has his/her own way to complete self realization, one of them is through spiritual efforts like what Kerohanian Sapta Darma disciples experience. The understanding of these disciples towards its teachings which are based on Javaness culture, especially self awareness, has been able to facilitate the disciples self comprehension and self realization.

This study is aimed to describe self realization of Kerohanian Sapta Darma disciples due to the fact that self realization here comprises self potency, either conscious nor unconscious. This study uses C. G. Jung perspective. This research is a descriptive study which uses qualitative method. The data are collected through interview and observation. There are three subject who are selected by chain sampling method with the following criteria: position, that is Tuntunan; age, that is 40 years old and above; length of membership, that is at least 10 tears; and joining in sujud penggalian, that is at least five times. The data processing consists of verbatim writing, editing, categorizing and decoding. Analysis which is used is cross cases analysis which is then interpreted theoretically. The credibility of the data is confirmed by the sources and all who have the competence.

The finding reveal that sujud penggalian ritual has facilitated the disciples to realize the unconsciousness so that the physic functions of senses, thingking, feeling and intuition are integrated and, yet, self awareness is increasing. The increasing of this self awareness of Kerohanian Sapta Darma disciples noticed through their self potency and self willingness, values and principles of life. As a result, it supports the completion of self realization which is characterized by the decreasing of self conflict, the increasing of adaptation, self expression, tolerance and empathy. This condition makes the disciples be able to reach both micro cosmos and macro cosmos balance. This research hopefully will contribute the indigenous psychology progress in Indonesia, especially educative and clinical psychology and of course all society when facing life crisis period.

Key words: Self realization, Kerohanian Sapta Darma, self awareness