

MAKNA HIDUP RELAWAN JALANAN LOWANU SQUAD

Program Studi Psikologi
Fakultas Psikologi
Universitas Sanata Dharma

FX Yoga Wijaya

ABSTRAK

Membantu sesama secara sukarela dan langsung adalah sebuah pilihan yang dijalani seseorang sebagai makna hidupnya. Tujuan penelitian ini guna menggambarkan makna hidup seorang relawan jalanan yang mengambil sikap untuk bertindak altruis bagi sesama. Desain penelitian kualitatif digunakan peneliti disertai pendekatan *Interpretative Phenomenological Analysis* (IPA) sebagai metode analisis data. Informan dalam penelitian ini berjumlah tiga orang anggota Lowanu Squad yang aktif terlibat dalam komunitas relawan jalanan tersebut. Wawancara semi terstruktur digunakan untuk mengambil data dalam penelitian ini. Hasil penelitian ini menunjukkan bahwa setiap informan menyadari ada keinginan yang muncul untuk mau membantu sesama secara altruis. Keinginan para informan direalisasikan dengan pengambilan peran sebagai relawan jalanan dengan diwadahi Lowanu Squad. Proses kebermaknaan hidup sebagai relawan jalanan digambarkan melalui logoterapi dengan menjabarkan tiga konsep landasan filosofisnya yaitu: (1) kebebasan berkeinginan; (2) keinginan akan makna; (3) makna hidup. Beragam pengalaman informan terkait dinamika relawan jalanan diurai dengan tiga sumber nilai untuk melihat kemunculan makna hidupnya berupa: (1) nilai kreatif; (2) nilai eksperiensial; (3) nilai bersikap. Pada penelitian ini proses penggambaran makna hidup para informan diawali dengan munculnya keinginan membantu sesama, lalu pemenuhan peran sebagai seorang relawan jalanan beserta reaksi lingkungan sekitar, sampai akhirnya kemunculan beberapa aspek dalam diri untuk merasakan kebahagiaan.

Kata kunci: Relawan jalanan, Altruisme, Makna hidup

MAKNA HIDUP RELAWAN JALANAN LOWANU SQUAD

*Department of Psychology
Faculty of Psychology
Sanata Dharma University*

FX Yoga Wijaya

ABSTRACT

Helping others voluntarily and directly is a choice that one takes as the meaning of his life. The purpose of this research is to describe the meaning of life of a street volunteer who takes the attitude to act altruistically for others. The qualitative research design used by researchers was accompanied by an Interpretative Phenomenological Analysis (IPA) approach as a method of data analysis. The informants in this study were three members of the Lowanu Squad who were actively involved in the street volunteer community. Semi-structured interviews were used to collect data in this study. The results of this study indicate that each informant realizes that there is a desire that arises to want to help others altruistically. The wishes of the informants were realized by taking on the role of street volunteer assisted by the Lowanu Squad. The process of a meaningful life as a street volunteer is described through logotherapy by describing three philosophical foundation concepts, namely: (1) freedom of will; (2) desire for meaning; (3) meaning of life. The various experiences of the informants related to the dynamics of street volunteers are explained by three sources of value to see the emergence of their life's meaning in the form of: (1) creative values; (2) experiential value; (3) the value of being. In this study, the process of describing the meaning of the informant's life begins with the emergence of a desire to help others, then fulfilling the role of a street volunteer and the reactions of the society, at the end of the day the emergence of several aspects in oneself to feel happiness.

Keywords: Street volunteer, Altruism, Meaning of life