

ABSTRAK

DISCERNMENT DALAM PENYELESAIAN KONFLIK PADA TIGA SUSTER SANTA PERAWAN MARIA DALAM HIDUP MEMBIARA

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Penelitian ini bertujuan untuk mendeskripsikan *discernment* dalam penyelesaian konflik yang dilakukan oleh tiga suster SPM dalam hidup membiara dan untuk menemukan program pembinaan yang sebaiknya dilakukan para suster SPM untuk dapat meningkatkan kemampuan dalam melakukan *discernment*.

Jenis penelitian adalah penelitian kualitatif. Subjek penelitian berjumlah tiga suster SPM yang tinggal di tiga komunitas yaitu Jawa Tengah dan Jawa Timur. Metode pengumpulan data yang digunakan adalah wawancara mendalam. Instrumen penelitian berupa pertanyaan-pertanyaan pedoman wawancara yang disusun oleh peneliti dan dikonsultasikan dengan pembimbing. Data yang diperoleh dari hasil wawancara dengan subjek penelitian direkam dengan menggunakan *tape recorder* dan disusun dalam bentuk transkrip.

Hasil penelitian menunjukkan bahwa tiga subjek penelitian mampu melakukan *discernment* dalam menyelesaikan konflik, hanya saja masih kurang mendalam dan perlu ketekunan untuk terus dilatih, karena emosi yang muncul belum diolah secara mendalam dan masih menyulitkan mereka dalam mengambil keputusan dengan tepat. Meskipun demikian, pergulatan dan hambatan selama ber-*discernment*, membuat mereka mampu memaknai dan menemukan manfaat positif dari *discernment* bagi perkembangan kepribadian dan kedewasaan iman mereka. Nilai-nilai yang semakin bertumbuh kuat dalam proses *discernment* adalah iman yang kuat, kasih, kesetiaan, keberanian menanggung resiko, kerendahan hati, penghargaan diri, dan pengampunan.

Berdasarkan hasil penelitian tersebut peneliti mengusulkan beberapa program pembinaan untuk meningkatkan kemampuan melakukan *discernment*. Usulan kegiatan meliputi: Pengolahan Hidup, pelatihan khusus *discernment*, *Correctio Fraternalis*, dan mengagendakan *discernment* sebagai habitus berupa: refleksi, retreat, dan rekoleksi. Topik-topik kegiatan antara lain: Peta Perjalanan Batin, Eneagram, Genogram, penerimaan diri, kepercayaan diri, penghargaan terhadap diri sendiri, pengampunan, persaudaraan sejati, *Correctio Fraternalis*, dan ekaristi. Program ini dimaksudkan agar para suster SPM mampu mengolah batin/emosi, menerima diri, mengenal gerakan batin, lebih peka mendengarkan suara hati, dapat membedakan roh baik atau jahat, mampu menimbang-nimbang, berani mengambil keputusan, dan bertindak sesuai keputusan itu.

ABSTRACT

DISCERNMENT IN RESOLVING CONFLICT OF THREE SISTERS OF OUR LADY IN CONVENT LIFE

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This research was aimed to describe discernment in resolving conflict done by three sisters of Our Lady in convent life and to discover the best development program employed by sisters of Our Lady to be able to boost the skill of discernment.

This type of research was qualitative. The research subjects were three sisters of Our Lady living in a community that is Central Java and East Java. The data collecting method employed was a profound interview. The instrument of research was several interview questions for guidance which were compiled by researcher and consulted to the supervisor. The data taken from the subject's interview result was recorded by a tape recorder and arranged in transcript form.

The result showed that the three research subjects were able to employ discernment in resolving conflict, only it was not too profound yet and there was a need of persistence to develop it more, because the appeared emotion was not yet cultivated profoundly and makes them difficult to take a decision appropriately. Nevertheless, the struggle and obstacle during discerning make them able to value and discover benefit of the discernment itself for personality development and the maturity of their faith. The values which grow stronger in the process of discernment were commanding faith, affection, loyalty, brave to carry a risk, modesty, self-esteem, and forgiveness.

Based on the research, the researcher suggested several guidance programs to increase the ability of discernment. The offered activities comprise: Life Cultivation, discernment distinctive training, *Correction Fraterna*, and slating discernment as a *habitus* namely: reflection, retreat, and recollection. The activity topics were: Maps of The Inner Journey, Eneagram, Genogram, self-acceptance, self confidence, self-esteem, forgiveness, truly friendship, *Correction Fraterna*, and eucharist. These programs were meant to train sisters of Our Lady to be able to cultivate emotion, accept themselves, know the inner movement, be sensitive to listen to their own heart, differentiate the good and the bad, consider, be brave in taking a decision, and act according to the decision.