

## ABSTRAK

### **Pengalaman Religius Para Penganut Sapta Darma Yang Telah Berpengalaman Melakukan Sujud**

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Pengalaman religius dikatakan sebagai suatu sensasi luar biasa akan Tuhan yang mampu merubah kehidupan seseorang. Pengalaman religius ini dapat difasilitasi oleh ritual, salah satunya adalah ritual sujud yang menjadi bagian dalam ajaran Sapta Darma. Oleh para praktisinya, sujud hanya dapat dipahami dengan melakukannya. Penelitian ini bertujuan untuk mendeskripsikan pengalaman-pengalaman religius para penganut Sapta Darma yang difasilitasi oleh sujud serta pengaruhnya terhadap kehidupan mereka sehari-hari.

Penelitian ini menggunakan pendekatan kualitatif. Data dikumpulkan dengan cara wawancara. Responden dalam penelitian ini berjumlah 3 orang, subyek pertama berusia 75 tahun dan sudah bergabung selama 50 tahun, subyek kedua berusia 51 tahun dan sudah bergabung selama 11 tahun, subyek ketiga berusia 60 tahun dan sudah melakukan sujud sejak umur 23 tahun. Dalam penelitian ini para responden menceritakan pengalaman-pengalaman religius yang mereka dapatkan melalui sujud.

Hasil penelitian menunjukkan bahwa sujud mampu untuk memfasilitasi pengalaman religius. Responden merasakan suatu sensasi fisik maupun psikologis dan merasakan suatu manfaat ketika melakukan sujud, subyek juga merasakan pertemuan dengan Tuhan nya. Pengalaman religius yang dialami oleh subyek memunculkan konsep tentang Tuhan yang menghasilkan suatu pengendalian diri di dalam penghayatan akan sifat-sifat Tuhan.

Kata kunci : Pengalaman religius, ritual sujud, pengendalian diri.

**ABSTRACT****The Religious Experiences of Sapta Darma's Followers  
Who Are Experienced With Sujud**

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Religious experience is being known as an extraordinary sensation of God in which it has the power of changing a human being's life. This religious experience can be facilitated by rituals and one of them is called *sujud* (kneeling) ritual in which it is a part of Sapta Darma's teaching. By its practitioners, *sujud* can only be understood when a person is actually experiences it. The purpose of this research paper is to describe the religious experiences of Sapta Darma's followers which are being facilitated with *sujud* and also the influences to their daily life.

This research paper was done through qualitative method. The data were collected by doing interviews. Respondents in this research were divided into 3 people, first subject was 75 years old and had been joining since 50 years ago, second is a 51 year-old follower since 11 years ago, and the third one is 60 years old and had been doing *sujud* since the age of 23. In this research respondents were telling their religious experiences they achieve through *sujud*.

Research results show that *sujud* has the power to facilitate religious experiences. Respondents were felt a physical and/or psychological sensation and a great benefits when they were doing *sujud*, subjects also feel their meets with their God. The religious experiences being experienced by subjects finally produces a concept of God in which it creates a self control in terms of their special attentions toward God's natural characteristics.

Keywords : Religious experience, *sujud* ritual, self-control.