

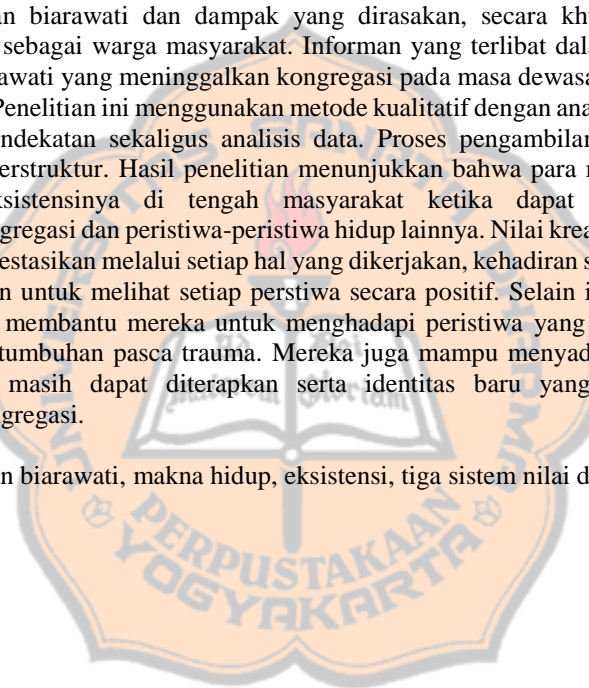
**KEBERMAKNAAN HIDUP ORANG YANG MENJADI MANTAN  
BIARAWATI PADA MASA DEWASA AWAL**

*Rosalia Tatiana Govitkeva*

**ABSTRAK**

Mantan biarawati adalah sosok yang seringkali dipandang negatif, secara khusus oleh orang-orang ditempat tinggalnya. Akan tetapi, mereka tetap mencoba terlibat dalam masyarakat untuk menunjukkan eksistensinya. Penelitian ini bertujuan untuk melihat dinamika penemuan makna hidup para mantan biarawati dan dampak yang dirasakan, secara khusus terkait pengukuhan eksistensi mereka sebagai warga masyarakat. Informan yang terlibat dalam penelitian adalah tiga orang mantan biarawati yang meninggalkan kongregasi pada masa dewasa awal atau dalam rentang usia 20-40 tahun. Penelitian ini menggunakan metode kualitatif dengan analisis isi kualitatif-induktif sebagai teknik pendekatan sekaligus analisis data. Proses pengambilan data dilakukan dengan wawancara semi terstruktur. Hasil penelitian menunjukkan bahwa para mantan biarawati mampu mengukuhkan eksistensinya di tengah masyarakat ketika dapat memaknai pengalaman meninggalkan kongregasi dan peristiwa-peristiwa hidup lainnya. Nilai kreatif, nilai pengalaman, dan nilai sikap termantiestasikan melalui setiap hal yang dikerjakan, kehadiran serta dukungan orang lain, dan kecenderungan untuk melihat setiap peristiwa secara positif. Selain itu, mereka memiliki tiga kemampuan yang membantu mereka untuk menghadapi peristiwa yang negatif, yaitu kesadaran, resiliensi, dan pertumbuhan pasca trauma. Mereka juga mampu menyadari nilai-nilai positif dari kongregasi yang masih dapat diterapkan serta identitas baru yang mereka miliki setelah meninggalkan kongregasi.

*Kata kunci:* mantan biarawati, makna hidup, eksistensi, tiga sistem nilai dasar.



# **THE MEANING IN LIFE OF THOSE WHO BECAME FORMER NUNS IN EARLY ADULTHOOD**

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## ***ABSTRACT***

Former nuns are figures who are often viewed negatively, especially by the people where they live. However, they still try to get involved in society to show their existence. This study aims to look at the dynamics of finding the meaning in life of former nuns and the impact they feel, specifically related to the strengthening of their existence as citizens. The informants, who were involved in the study, were three former nuns who left the congregation in their early adulthood or in the age range of 20-40 years. This research uses qualitative methods with qualitative-inductive content analysis as an approach technique as well as data analysis method. The data collection process was carried out by using semi-structured interviews. The results showed that the former nuns were able to strengthen their existence in society when they were able to interpret the experience of leaving the congregation and other life events. Creative value, experience value, and attitude value were manifested through everything that is done, the presence and support of others, and the tendency to see every event positively. Also besides, they had three abilities that helped them to deal with negative events, namely consciousness, resilience, and post-traumatic growth. They were also able to realize the positive values of the congregation that can still be applied as well as the new identity they have after leaving the congregation.

*Keywords:* former nun, meaning in life, existence, three basic value systems

