

ABSTRAK

PEMAKNAAN HIDUP MANTAN BIARAWAN MENURUT PERSPEKTIF *PANGAWIKAN PRIBADI* SURYOMENTARAM

Sirilus Maximilian Maloring
Bimbingan dan Konseling
Universitas Sanata Dharma
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Penelitian kualitatif dengan pendekatan *Interpretative Phenomenological Analysis* (IPA) ini menganalisis dinamika pemaknaan hidup dua mantan biarawan Katolik pascakeluar biara dari perspektif *Pangawikan Pribadi Suryomentaram*. Tujuan dari penelitian ini antara lain: (1) mendeskripsikan dinamika proses keputusan keluar dari biara, (2) mendeskripsikan proses mantan biarawan memaknai hidupnya pascakeluar, serta (3) mendeskripsikan dinamika pencarian makna tersebut dari perspektif *pangawikan pribadi*.

Hasil dari penelitian ini antara lain: (1) keputusan keluar secara fundamental dipicu oleh *reribet* (keruwetan batin) yang mendorong dilakukannya *pangawikan pribadi* (penelitian diri), (2) proses ini memungkinkan pembedaan antara ‘Aku’ (diri sejati) dari *Kramadangsa* (identitas semu dari rekaman masa lalu) dan penerimaan realitas baru (*saiki, kene, ngene, yo gelem*), serta (3) pemaknaan hidup pascakeluar adalah proses aktif menciptakan makna baru melalui agensi personal, pencapaian di ranah sekuler, atau sintesis spiritualitas dengan tindakan nyata. Disimpulkan, *pangawikan pribadi* menjadi mekanisme krusial bagi mantan biarawan untuk menavigasi transisi, merekonstruksi identitas, dan menemukan *begja* (kebahagiaan otentik).

Kata Kunci: *Interpretative Phenomenological Analysis*, mantan biarawan, *pangawikan pribadi* Suryomentaram, pemaknaan hidup, transisi kehidupan

ABSTRACT

***THE MEANING-MAKING IN LIFE OF EX-MONKS ACCORDING TO
SURYOMENTARAM'S PANGAWIKAN PRIBADI***

Sirilus Maximilian Maloring
Guidance and Counselling
University of Sanata Dharma
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This qualitative study employs Interpretative Phenomenological Analysis (IPA) to examine the dynamics of meaning-making. It explores the lived experiences of two former Catholic monks who adopted the Pangawikan Pribadi Suryomentaram perspective following their departure from monastic life. This study aims to: (1) examine the decision-making process of leaving the monastery, (2) explore how former monks construct new meaning in their lives post-departure, and (3) analyze the role of pangawikan pribadi in this meaning-making journey.

The findings indicate that: (1) the decision to leave is a complex process triggered by reribet (inner turmoil), which in turn prompts a process of pangawikan pribadi (self-examination), (2) This self-examination facilitates the differentiation between the Aku (the true self) and the Kramadangsa (a pseudo-identity shaped by past conditioning), (3) Meaning-making after leaving the monastery involves the active creation of new purpose through personal agency, secular achievements, and the synthesis of spirituality with practical action. The study concludes that pangawikan pribadi serves as a crucial mechanism for former monks to navigate life transitions, reconstruct their identities, and achieve begja (authentic happiness).

Keywords: *ex-monk, Interpretative Phenomenological Analysis, life transitions, meaning of life, pangawikan pribadi Suryomentaram*