

ABSTRAK

MAKNA REFLEKSI BAGI FORMASI MAHASISWA PRODI PENDIDIKAN KEAGAMAAN KATOLIK UNIVERSITAS SANATA DHARMA

Margaretha Marros Sefinka
Universitas Sanata Dharma
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Selama menempuh pendidikan di Program Studi Pendidikan Keagamaan Katolik Universitas Sanata Dharma, praktik refleksi belum sepenuhnya dipahami mahasiswa sebagai sarana pembentukan diri, melainkan lebih sering dipandang sebagai kewajiban akademik. Penelitian ini bertujuan menganalisis pemahaman, proses, dan makna refleksi dalam kehidupan mahasiswa, khususnya kontribusinya terhadap pertumbuhan spiritual, akademik, dan moral. Penelitian menggunakan metode kualitatif dengan desain analisis deskriptif. Subjek penelitian adalah mahasiswa aktif semester IV, VI, dan VIII. Data dikumpulkan melalui wawancara mendalam, studi dokumen, dan observasi, kemudian dianalisis melalui reduksi data, penyajian data, serta penarikan kesimpulan. Hasil penelitian menunjukkan bahwa refleksi mahasiswa diwujudkan dalam bentuk jurnal rohani, retret, rekoleksi, maupun refleksi tertulis setelah perkuliahan. Praktik refleksi membantu mahasiswa mengenali pengalaman iman, mengolah dinamika batin, serta menghubungkannya dengan identitas mereka sebagai calon pendidik Katolik. Refleksi terbukti berfungsi sebagai sarana penguatan kesadaran kritis, integritas moral, dan kedalaman spiritual. Penelitian ini menyimpulkan bahwa refleksi berperan penting dalam pembentukan pribadi mahasiswa Pendikkat, sehingga perlu diintegrasikan secara lebih terarah dalam formasi agar mahasiswa semakin siap menjadi pendidik yang berintegritas dan transformatif.

Kata kunci: *Mahasiswa, Refleksi, Spiritualitas.*

ABSTRACT

**THE MEANING OF REFLECTION FOR THE FORMATION OF
STUDENTS IN THE CATHOLIC RELIGIOUS EDUCATION STUDY
PROGRAM AT SANATA DHARMA UNIVERSITY**

Margaretha Marros Sefinka
NIM: 211124001
Sanata Dharma University
2025

During their studies in the Catholic Religious Education Program at Sanata Dharma University, students often perceive reflection merely as an academic requirement rather than as a means of personal formation. This study aims to analyze students' understanding, processes, and meanings of reflection, particularly its contribution to their spiritual, academic, and moral development. A qualitative method with a descriptive-analytical design was employed. The participants were active students in the fourth, sixth, and eighth semesters. Data were collected through in-depth interviews, document studies, and observations, and were analyzed using data reduction, data display, and conclusion drawing. The findings reveal that reflection is carried out in various forms, such as spiritual journals, retreats, recollections, and written reflections after lectures. These practices enable students to recognize faith experiences, process inner dynamics, and connect them with their identity as future Catholic educators. Reflection serves as a medium for strengthening critical awareness, moral integrity, and spiritual depth. The study concludes that reflection plays a vital role in the personal formation of students in the Catholic Religious Education Program; therefore, it needs to be more systematically integrated into the formation process to prepare students as educators with integrity and transformative character.

Keywords: *Students, Reflection, Spirituality*