

ABSTRAK

**EKSPLORASI FENOMENA KESURUPAN
PADA PENARI JATHILAN
(STUDI FENOMENOLOGI)**

Antonius Febrico Pasca Dasin
Universitas Sanata Dharma
2026

Fenomena kesurupan dalam pertunjukan Jathilan merupakan pengalaman yang melibatkan aspek budaya, spiritual, dan psikologis. Penelitian ini bertujuan mendeskripsikan pengalaman subjektif penari Jathilan yang mengalami kesurupan serta mengungkap makna pengalaman tersebut berdasarkan perspektif para penari. Penelitian menggunakan pendekatan kualitatif dengan desain fenomenologi deskriptif. Partisipan penelitian terdiri atas tiga penari Jathilan di Kabupaten Magelang yang pernah mengalami kesurupan dan dipilih menggunakan teknik purposive sampling. Data dikumpulkan melalui wawancara mendalam dan observasi, kemudian dianalisis menggunakan analisis fenomenologi deskriptif. Hasil penelitian menunjukkan bahwa kesurupan diawali oleh perubahan kondisi fisik dan psikologis, seperti rasa tidak nyaman, perubahan emosi, serta penurunan kesadaran. Selama kesurupan, partisipan umumnya tidak mengingat secara utuh peristiwa yang dialami dan merasakan kelelahan setelah kembali sadar. Para partisipan memaknai kesurupan sebagai bagian dari tradisi Jathilan yang dipengaruhi oleh ritual budaya, keyakinan spiritual, serta kondisi psikologis individu. Penelitian ini menyimpulkan bahwa pengalaman kesurupan merupakan fenomena multidimensional yang terbentuk melalui keterkaitan aspek budaya, spiritual, dan psikologis.

Kata kunci: fenomenologi, kesurupan, penari Jathilan, pengalaman subjektif, budaya, spiritual, psikolog.



ABSTRACT

***An Exploration of the Trance
Phenomenon Among Jathilan Dancers
(Study Phenomenology)***

Antonius Febrico Pasca Dasin
Sanata Dharma University
2026

The phenomenon of trance in Jathilan performances is an experience involving cultural, spiritual, and psychological aspects. This study aims to describe the subjective experiences of Jathilan dancers who undergo trance and to uncover the meaning of these experiences from the dancers' perspectives.

The study employs a qualitative approach with a descriptive phenomenological design. The participants consisted of three Jathilan dancers from Magelang Regency who had experienced trance, selected using purposive sampling. Data were collected through in-depth interviews and observations, then analyzed using descriptive phenomenological analysis.

The results indicate that the trance state is preceded by changes in physical and psychological conditions, such as discomfort, emotional shifts, and a decline in consciousness. During the trance, participants generally do not fully recall the events experienced and feel fatigued after regaining consciousness. The participants interpret the trance as part of the Jathilan tradition, influenced by cultural rituals, spiritual beliefs, and individual psychological conditions. The study concludes that the trance experience is a multidimensional phenomenon shaped by the interplay of cultural, spiritual, and psychological aspects.

Keywords: *phenomenology, spirit possession, Jathilan dancer, subjective experience, culture, spirituality, psychology.*

