

ABSTRAK

EKSPLORASI PENGALAMAN MENULIS KISAH DIRI SEBAGAI SARANA PENCARIAN MAKNA HIDUP

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Penelitian ini bertujuan untuk mendeskripsikan pengalaman individu dalam menggunakan aktivitas menulis kisah diri sebagai sarana pencarian makna hidup. Penelitian berfokus pada bagaimana proses menulis membantu individu mengekspresikan dan merefleksikan perasaan, memahami pengalaman hidup, serta membangun pemahaman terhadap diri dan kehidupan berdasarkan pengalaman yang telah dijalani.

Penelitian ini menggunakan pendekatan kualitatif deskriptif. Subjek penelitian terdiri atas tiga individu yang memiliki pengalaman menulis kisah diri secara aktif dalam bentuk jurnal harian, catatan pribadi, maupun tulisan reflektif. Data dikumpulkan melalui wawancara semi terstruktur, observasi, serta didukung oleh triangulasi sumber dengan *significant others* dan *member checking* untuk meningkatkan kredibilitas data. Analisis data dilakukan melalui tahapan transkripsi wawancara, pembacaan mendalam, reduksi data, pengodean dan kategorisasi, pembentukan unit makna, serta interpretasi tema.

Hasil penelitian menunjukkan bahwa aktivitas menulis kisah diri menjadi media yang membantu individu mengekspresikan emosi dan pikiran yang sulit diungkapkan secara lisan, sehingga memberikan ruang untuk melakukan refleksi terhadap pengalaman hidup. Melalui proses tersebut, individu mampu menyusun kembali pengalaman yang dialami, memahami penyebab munculnya berbagai perasaan, serta memperoleh pemahaman baru mengenai diri sendiri, orang lain, dan kehidupan. Aktivitas menulis juga membantu individu menemukan arah hidup, menerima pengalaman yang telah dilalui, serta membangun makna hidup melalui proses refleksi yang berlangsung secara bertahap. Dengan demikian, menulis kisah diri tidak hanya berfungsi sebagai media ekspresi, tetapi juga menjadi sarana refleksi yang berkontribusi terhadap proses pencarian dan pembentukan makna hidup.

Kata kunci: menulis kisah diri, ekspresi diri, refleksi diri, makna hidup, pemahaman diri

ABSTRACT

***EXPLORING THE EXPERIENCE OF AUTOBIOGRAPHICAL WRITING
AS A MEANS OF SEARCHING FOR MEANING IN LIFE***

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This study aims to describe individuals' experiences of using autobiographical writing as a means of searching for meaning in life. It focuses on how the writing process helps individuals express and reflect on their emotions, understand their life experiences, and develop a deeper understanding of themselves and their lives based on those experiences.

This study employed a descriptive qualitative approach. The participants consisted of three individuals who actively engaged in autobiographical writing through journals, personal diaries, and reflective writings. Data were collected through semi-structured interviews and observations and were supported by source triangulation involving significant others and member checking to enhance data credibility. The data were analyzed through several stages, including interview transcription, in-depth reading, data reduction, coding and categorization, meaning unit development, and theme interpretation.

The findings indicate that autobiographical writing serves as a medium through which individuals can express emotions and thoughts that are difficult to communicate verbally, thereby providing a space for reflecting on their life experiences. Through this process, participants were able to reconstruct their experiences, understand the underlying causes of their emotions, and gain new insights into themselves, other people, and life. Furthermore, autobiographical writing helped participants identify their life direction, accept their past experiences, and construct meaning in life through an ongoing process of reflection. Therefore, autobiographical writing functions not only as a medium for self-expression but also as a reflective practice that contributes to the process of searching for and constructing meaning in life.

Keywords: *autobiographical writing, self-expression, self-reflection, meaning in life, self-understanding*