

ABSTRAK

EKSPLORASI PENGALAMAN INTUITIF INDIVIDU INDIGO

Rizal Teguh Satrio Prabowo
Bimbingan dan Konseling
Universitas Sanata Dharma
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Individu indigo kerap dikaitkan dengan sensitivitas perseptual tinggi dan pengalaman intuitif yang khas, namun pengalaman tersebut masih jarang ditelaah secara mendalam dari perspektif bimbingan dan konseling. Penelitian ini bertujuan mendeskripsikan pengalaman individu indigo dalam merasakan dan menggunakan intuisi, situasi kemunculannya, dinamika sosial dan emosional yang menyertainya, serta bentuk pemaknaan yang ditemukan dari pengalaman intuitif tersebut.

Penelitian ini menggunakan pendekatan kualitatif dengan desain fenomenologi. Partisipan penelitian berjumlah empat individu indigo yang dipilih melalui teknik *purposive sampling* dan *snowball sampling*. Data dikumpulkan melalui wawancara mendalam dan observasi. Analisis data menggunakan model Miles dan Huberman yang meliputi reduksi data, penyajian data, serta penarikan kesimpulan dan verifikasi. Keabsahan data dilakukan melalui *member checking*.

Hasil penelitian menunjukkan bahwa intuisi dialami sebagai pengalaman spontan yang muncul sebelum penalaran rasional dan hadir dalam berbagai bentuk, seperti suara batin, dialog internal, rasa nyaman dan tidak nyaman, pengalaman visual, serta kemampuan merasakan kondisi emosional orang lain. Intuisi cenderung muncul saat pengambilan keputusan, interaksi sosial, situasi yang menuntut kewaspadaan, maupun kondisi reflektif. Pengalaman ini menimbulkan dampak yang beragam, mulai dari meningkatnya empati dan keberanian mengambil keputusan hingga kelelahan emosional akibat sensitivitas tinggi. Partisipan memaknai intuisi sebagai sarana perlindungan, petunjuk hidup, wujud kasih Tuhan, media refleksi diri, dan sumber makna hidup. Penelitian ini menyimpulkan bahwa pengalaman intuitif merupakan bagian integral kehidupan individu indigo yang berperan dalam memahami diri, mengambil keputusan, berinteraksi sosial, dan membangun makna hidup.

Kata kunci: individu indigo, intuisi, pengalaman intuitif, fenomenologi, pemaknaan hidup

ABSTRACT

**EXPLORING INTUITIVE EXPERIENCES IN
INDIGO INDIVIDUALS**

Rizal Teguh Satrio Prabowo
Guidance and Counseling
Sanata Dharma University

Indigo individuals are often associated with high perceptual sensitivity and distinctive intuitive experiences, yet these experiences remain rarely examined in depth from a guidance and counseling perspective. This study aimed to describe how Indigo individuals experience and use intuition, the situations in which it emerges, the social and emotional dynamics that accompany it, and the forms of meaning found in their intuitive experiences.

This research employed a qualitative approach with a phenomenological design. The participants consisted of four Indigo individuals selected through purposive and snowball sampling techniques. Data were collected through in-depth interviews and observations. Data analysis followed the Miles and Huberman model, including data reduction, data display, and conclusion drawing and verification. Data trustworthiness was established through member checking.

The findings show that intuition was experienced as a spontaneous phenomenon emerging before rational reasoning and manifesting in various forms, such as inner voices, internal dialogue, feelings of comfort and discomfort, visual experiences, and the ability to sense others' emotional states. Intuition tended to arise during decision-making, social interaction, situations demanding alertness, and reflective states. These experiences produced diverse effects, ranging from increased empathy and confidence in decision-making to emotional exhaustion caused by heightened sensitivity. Participants interpreted intuition as a means of protection, a guide in life, an expression of God's love, a medium for self-reflection, and a source of meaning. The study concludes that intuitive experience is an integral part of Indigo individuals' lives, contributing to self-understanding, decision-making, social interaction, and the construction of life meaning.

Keywords: *Indigo individuals, intuition, intuitive experiences, phenomenology, meaning in life*