

ABSTRAK

Mahendra, Rangga. (2026). Integrasi “His Word and His World”: Analisis Naratif tentang *Calling* pada *Lay Counsellor* Gereja Keluarga Allah. *Skripsi*. Yogyakarta: Psikologi, Fakultas Psikologi, Universitas Sanata Dharma.

Kesenjangan antara kebutuhan layanan kesehatan mental dan ketersediaan tenaga profesional memantik fenomena *task shifting*, di mana individu awam atau non-profesional diberdayakan sebagai *lay counsellor* gereja. Meski tanpa kredensial formal, *lay counsellor* dituntut memenuhi kualifikasi khusus berupa “*calling*” dan “pengalaman hidup mendalam” sebagai modal melayani. Namun, minimnya studi yang mengeksplorasi bagaimana *calling* ditemukan dan dimaknai dalam konteks *lay counsellor* menjadikan penelitian ini penting. Penelitian bertujuan mengeksplorasi dinamika pengalaman hidup yang memproses *lay counsellor* Gereja Keluarga Allah dalam menemukan dan memaknai *calling* mereka. Menggunakan pendekatan psikologi naratif dengan perspektif realisme kritis, penelitian kualitatif ini melibatkan empat informan *lay counsellor* aktif di Keluarga Allah Counselling Center (KACC). Data dikumpulkan melalui wawancara *life-event interview* dan dianalisis menggunakan *narrative analysis* milik Murray (2003) yang mencakup tahapan deskriptif dan interpretatif. Temuan menunjukkan bahwa: 1) *Calling* bukanlah momen instan, melainkan konstruksi naratif retrospektif di mana informan mengorganisasi ulang pengalaman hidup menjadi narasi koheren yang awalnya bersifat regresif atau stabil, lalu menjadi progresif-konstruktif. 2) *Calling* dan pemulihan hadir secara simultan, bukan sekuensial. 3) *Calling* dapat dihidupi tanpa kredensial akademik formal, asalkan didahului pengalaman hidup mendalam, serta dihidupi dalam integrasi dimensi religius (iman & firman Tuhan) dan sekuler (ilmu psikologi & profesionalitas). 4) *Calling* terbentuk melalui mediasi narasi personal, interpersonal, dan sosial (*master narrative*) dalam konteks budaya gereja karismatik yang menghasilkan identitas *wounded healer*: “dipulihkan untuk memulihkan”. Penelitian ini berkontribusi pada pemahaman konstruksi *calling* dalam konteks *lay worker*, sekaligus menawarkan kerangka reflektif bagi praktik *lay counselling* berbasis kultur.

Kata kunci: *calling*, *lay counsellor*, gereja karismatik, psikologi naratif, realisme kritis

ABSTRACT

Mahendra, Rangga (2026). Integration of "His Word and His World": A Narrative Analysis of Calling among Lay Counsellors at Keluarga Allah Church. *Skripsi*. Yogyakarta: Psikologi, Fakultas Psikologi

The gap between mental health service needs and professional workers availability has prompted the task shifting phenomenon, where lay people or non-professionals are empowered as church lay counsellors. Despite lacking formal credentials, lay counsellors must fulfill specific qualifications: "calling" and "profound life experiences" as capital for serving. However, scarcity of studies exploring how calling is discovered and constructed in lay counsellor contexts makes this research important. This study explores dynamics of life experiences that process lay counsellors at Keluarga Allah Church in discovering and constructing meaning of their calling. Employing narrative psychology approach with critical realist perspective, this qualitative research involved four active lay counsellor informants at Keluarga Allah Counselling Center (KACC). Data were collected through life-event interviews and analyzed using Murray's (2003) narrative analysis encompassing descriptive and interpretive phases. Findings reveal that: 1) Calling is not an instant moment, but a retrospective narrative construction where informants reorganize life experiences into coherent narratives initially regressive or stable, then become progressive-constructive. 2) Calling and healing emerge simultaneously, not sequentially. 3) Calling can be lived without formal academic credentials, provided preceded by profound life experiences, and lived in integration of religious (faith & God's word) and secular dimensions (psychology knowledge & professionalism). 4) Calling is formed through mediation of personal, interpersonal, and social narratives (master narrative) within charismatic church culture producing wounded healer identity: "restored to restore". This research contributes to understanding calling construction in lay worker contexts, while offering reflective framework for culture-based lay counselling practices.

Keywords: *calling, lay counsellor, charismatic church, narrative psychology, critical realism*