

ABSTRAK

**DESKRIPSI LATIHAN ROHANI IGNASIAN SEBAGAI PROSES
PENYEMBUHAN LUKA BATIN MASA NOVISIAT PADA SUSTER
YUNIOR KOMUNITAS MAGNIFICAT YOGYAKARTA**

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Skripsi ini berjudul **DESKRIPSI LATIHAN ROHANI IGNASIAN SEBAGAI PROSES PENYEMBUHAN LUKA BATIN MASA NOVISIAT PADA SUSTER YUNIOR KOMUNITAS MAGNIFICAT YOGYAKARTA**. Penelitian ini bertolak dari pengamatan aktual bahwa setiap manusia tidak luput dari pengalaman luka batin masa lalu yang berpengaruh dalam kehidupan sehari-hari. Keputusan menjadi seorang religius bukan menjadi alasan untuk lari dari pengalaman itu melainkan diajak untuk memeluk dan merangkulnya sebagai bagian dari jiwa yang terpisah melalui metode Latihan Rohani Ignasian seperti yang telah dialami oleh para suster Yunior dalam tahap novisiat.

Penelitian ini menggunakan pendekatan kualitatif dengan metode fenomenologi. Data yang diperoleh melalui observasi lapangan, wawancara mendalam dan study dokumen (refleksi harian). Wawancara mendalam dilakukan bersama dengan 8 informan dan 2 validator. Data yang diperoleh dianalisis melalui proses reduksi data, penelitian data dan penarikan kesimpulan untuk menemukan tema-tema utama utama terkait luka batin, sebelum memasuki novisiat dan proses Latihan Rohani.

Hasil menunjukkan bahwa para informan masih menyimpan pengalaman luka batin sampai pada awal memasuki masa novisiat. Setelah mengikuti proses Latihan Rohani, diketahui bahwa mereka mengalami kesembuhan yang total. Meskipun dalam kenyataan bahwasanya setelah berada di komunitas karya, pengalaman yang serupa masih saja terjadi. Mereka sudah mampu mengatasinya dan kini memandangnya bukan lagi sebagai sebuah kutukan, melainkan rahmat dari Allah. Latihan Rohani Ignasian juga merupakan pegangan yang kuat bagi para informan ketika menghadapi tantangan dan kesulitan dalam komunitas karya.

Kata Kunci: Luka Batin, Latihan Rohani Ignasian, Kemuliaan, Novisiat

ABSTRACT

**DESCRIPTION OF IGNATIAN SPIRITUAL EXERCISES AS A PROCESS OF
HEALING EMOTIONAL WOUNDS FROM THE NOVITIATE PERIOD
AMONG JUNIOR SISTERS OF THE MAGNIFICAT COMMUNITY
YOGYAKARTA**

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This thesis is entitled DESCRIPTION IGNATIAN SPIRITUAL EXERCISES AS A PROCESS OF HEALING EMOTIONAL WOUNDS FROM THE NOVITIATE PERIOD AMONG JUNIOR SISTERS OF THE MAGNIFICAT COMMUNITY YOGYAKARTA.

This study is based on the observation that every human being inevitably carries emotional wounds from the past that continue to influence daily life. Choosing to become a religious does not mean escaping from these experiences; rather, it is an invitation to embrace and integrate them as parts of the self that have become separated through the practice of the Ignatian Spiritual Exercises, as experienced by the junior sisters during their novitiate formation.

This research employs a qualitative approach using a phenomenological method. Data were collected through field observations, in-depth interviews, and document analysis (daily reflections). In-depth interviews were conducted with 8 informants and 2 validators. The data were analysed through the processes of data reduction, data presentation, and conclusion drawing in order to identify the major themes related to emotional wounds prior to entering the novitiate and the process of the Spiritual Exercises.

The results show that the informants still carried emotional wounds with them even as they entered the novitiate. After participating in the spiritual Exercises, it became clear that they had experienced complete healing.

Although, in reality, similar experiences still occur after they join their pastoral communities, they have been able to overcome them and now view them not as a curse, but as a grace from God. The Ignatian Spiritual Exercises also serve as a strong foundation for the informants when facing challenges and difficulties within their pastoral communities.

Keywords: *Emotional Wounds, Ignatian Spiritual Exercises, Novitiate*