

**PERAN MEDITASI *MINDFULNESS* TERHADAP
PEMAKNAAN KEBAHAGIAAN**

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ABSTRAK

Penelitian ini bertujuan untuk mengeksplorasi peran meditasi *mindfulness* terhadap pemaknaan kebahagiaan. Pertanyaan penelitian yang diajukan adalah bagaimana peran meditasi *mindfulness* terhadap pemaknaan kebahagiaan. Metode yang digunakan adalah penelitian kualitatif dengan pendekatan *interpretative phenomenological analysis*. Penelitian ini melibatkan tiga orang responden. Pengambilan data dilakukan melalui wawancara semi-terstruktur. Proses validasi yang dilalui adalah validasi komunikatif, di mana data dapat dipakai jika responden merasa data yang didapat peneliti dapat menggambarkan pengalaman responden; dan validasi argumentatif, di mana hasil penelitian dapat dibuktikan dengan melihat data mentah. Hasil penelitian menunjukkan bahwa praktik meditasi *mindfulness* yang dijalani dapat menggeser pemaknaan kebahagiaan, yang dahulu berorientasi pada mengejar dan mempertahankan sesuatu menjadi penerimaan pada realitas saat ini, sebagaimana adanya. Perubahan tersebut dapat terjadi karena melalui meditasi *mindfulness*, para meditator belajar untuk tidak melekat pada pikiran melalui pengamatan terhadap pikiran yang terus mengalir, memfokuskan perhatian pada kualitas napas, serta menerima diri dan momen saat ini seutuhnya.

Kata kunci: *Meditasi, mindfulness, kebahagiaan*

THE ROLE OF MINDFULNESS MEDITATION TOWARDS THE MEANING OF HAPPINESS

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ABSTRACT

This research aimed to explore the role of mindfulness meditation towards the meaning of happiness. The research question was how mindfulness meditation can affect the meaning of happiness. This was a qualitative research that applied interpretative phenomenological analysis as an approach. Three respondents were involved during this reseach. The data was collected by using semi-structured interview. Credibilty in this research was built by communicative and argumentative validation. Communicative validation was applied when the data can portray the respondents' experience correctly. While argumentative validation was applied when the research's result can be confirmed by looking at the raw data. The result suggested that by practicing mindfulness meditation, the meaning of happiness was shifted. Previously, the meditators defined happiness as a state that can be achieved by pursuing and holding on to something. After practicing mindfulness meditation, the meditators defined happiness as a state when people can accept reality in the present moment, as the way it is. This shifting meaning of happiness can be achieved because by practicing mindfulness meditation, the meditators learned to not getting attached to any thoughts through observing the stream of thoughts, focusing on the quality of breath, and fully accepting the occuring present moment as well as themselves.

Key words: Meditation, mindfulness, happiness