



KEBERMAKNAAN HIDUP DALAM PERSPEKTIF MULTIETNIK SEBAGAI LANDASAN BIMBINGAN PRIBADI

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Abstract: This study aims to describe the meaningfulness of life in a multi-ethnic perspective in the Guidance and Counseling (BK) program, Postgraduate School of Universitas Pendidikan Indonesia (UPI). The scope of this study is the understanding of self, the meaning of life, changing attitudes, self-attachment, directed activities and social support. Data about the meaningfulness of life is obtained by using a questionnaire instrument that has been prepared by the author and disseminated to postgraduate students of BK UPI. The results of this study aim to recognize the student's self-potential, so it can be directed to a more positive and become the foundation in personal guidance.

Keywords: Meaningfulness of Life, Multiethnic, Personal Guidance.

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INTRODUCTION

Indonesia is a country whose people are diverse in both the culture and nature of the people or often referred to as a multicultural society. Multicultural communities living in Indonesia live in groups and also form communities. Each community group has a variety of cultures, customs and consists of various races, ethnicities, skin colors, languages, and religions. Of the many cultures, races, ethnicities, and religions found in Indonesian society, they are able to create harmony between communities so as to create the motto of Unity in Diversity, which means different but still one (Suparlan, 2005).

According to Sunarto (in Suparlan, 2005) Multicultural communities living in Indonesia generally live in harmony, it can be seen in their daily activities, but it does not rule out the increasing heterogeneity of the composition of the population often causing social, economic, and political friction and can lead to dangerous competition and conflict. A multicultural

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society grows beginning with the awareness that human life in a society and culture is pluralistic. Therefore, every human being must have the ideals and purpose of life to become a better human being than yesterday's days. The purpose of life will be fought with high spirits, which intention will direct all his daily activities. When the purpose of life is achieved and beneficial not only to individuals but also their social environment, then he will feel that his life has a high meaning. He felt the meaning of his life had been achieved. Meaningfulness of life is a motivation that an individual has in an effort to make himself a valuable person in accordance with the values he believes (Crumbaugh, 1964; Tasmara, 1999; Bastaman, 2007). The desire to live meaningfully is truly a major motivation in humans. It is this desire that underlies a variety of human activities. This desire for a meaningful life is not at all imaginary and inventive, but a reality that truly exists and is felt in everyone's life. As human's main motivation, this desire craves ourselves to be a dignified person (being somebody) with activities directed towards a clear and meaningful purpose in life.

The desire to live meaningfully which in turn will lead to feelings of happiness. Conversely, if the desires are not fulfilled will result in life disappointment and self-appreciation meaningless (meaningless), arid, has no purpose in life, feel bored, meaningless and apathetic (Bastaman: 2007) The meaninglessness of life sometimes arises by making compensation, for example, running away to alcohol, drugs, sex and gambling (Frankl: 1997). The risk of living without meaning does not only have an impact on the physical condition of humans but it is just as important as the disruption of the individual's psyche. This is in line with the results of a study by Kleffaras & Psarra (2012) showing that the higher meaningfulness of an individual's life will lead to a positive perception of their personal health level. All events experienced have a meaning that is meaningful in life, on the contrary, if the individual cannot find meaning in his life it will cause negative perceptions such as anxiety, fear, boredom, boredom which will eventually lead to depression. Once the importance of meaningfulness of life in life for someone.

The meaning of life if successfully found and fulfilled will cause this life to be felt so meaningful and valuable. Understanding the meaning of life shows that there is also contained a purpose in life, namely things that need to be achieved and fulfilled. The results of the study by Gracia & Alandete (2015) (Ryff & Keyes, 1995; Ryff & Singer, 1996, 2008), it can be concluded that a

meaningful life is feeling worthy and reasonable, feeling satisfied with what has been done, and having goals that are clear in life.

If the meaning of life is found and fulfilled, it will cause life to be felt to be meaningful and valuable, which in turn will create feelings of happiness. Thus it can be said that happiness is a reward or a side effect of one's success in fulfilling the meaning of life. The meaningfulness of life is often also called the value or wisdom of life which is a virtue and great benefits contained in various life events and experiences both pleasant and unpleasant. (Bastaman, 2007; Frankl, 2004).

Compton (2005) states that individuals have different ways of finding happiness in accordance with their culture. Culture influences many things including in one's meaningful life and happiness. According to BPS based on the 2017 Happiness Index for the provinces in Indonesia, North Maluku is the happiest province in Indonesia. The province has a Happiness Index of 75.68. Specifically, there are 10 provinces in Indonesia that have a Happiness Index with points above 72, namely North Maluku (75.68), Maluku (73.77), North Sulawesi (73.69), East Kalimantan (73.57), North Kalimantan (73.33), Gorontalo (73.19), Riau Islands (73.11), DI Yogyakarta, Bali, and West Sumatra. (Official Gazette of Statistics No. 48/08/82 / Th XVI, 15 August 2017).

Based on the above phenomena, it can be seen that the happiness of each province is different. This happiness is obtained because there is a sense of meaningfulness in life, in which this region consists of different ethnicities from one province to another province. Therefore, researchers feel drawn to conducting research with students relating to the meaningfulness of life. The title of this research is "Meaning of Life in a Multi-Ethnic Perspective. The results of this study will serve as a foundation for personal guidance.

METHOD

This research is a descriptive study that aims to provide an overview or description of a situation, a phenomenon objectively (Riduwan, 2004). This study describes the meaning of life in a multi-ethnic perspective. The population is the whole unit of analysis in accordance with the information to be desired, A. Muri Yusuf (2005: 182). The population in this study was 50 UPI BK postgraduate students in 2016 totaling 50 people consisting of various ethnicities. The research sample as many as 35 people with a purposive

sampling technique, the purpose of sampling is carried out with a specific purpose, which is related to ethnicity. Data collection is done by questionnaire with a scale of five, and data analysis using statistics (Riduwan, 2004).

RESULTS AND DISCUSSION

Description of Life Meaning Variables

In this research, the focus of research is the meaningful life variable. The description of these variables can be seen in table 1.

Table 1
Overall meaningfulness score of life

Variable	N	Score						Description
		Lowest	Highest	Ideal	Total	Average	% Average	
Meaning of life	31	72	128	135	3331	107,45	80	High

From table 1 obtained information that the lowest score of life meaningfulness of BK students is 72, the highest score is 128, the ideal score is 135, the total score is 3331 and the average meaningfulness of life variable is equal to 107.45 with a level of achievement of 79.5%. This shows that the variable of a meaningful life in BK students can be categorized high. In addition, it can be seen data relating to the aspects studied in table 2.

Table 2
Life meaningful scores by aspect

Aspect	N	Score						Description
		Lowest	Highest	Ideal	Total	Average	% Average	
Self-insight		10	20	20	502	16,19	80,9	High
Meaning of life	31	20	55	55	1354	43,67	79,4	moderate
Changing attitude		6	20	20	485	15,64	78,2	moderate
Commitment self		2	10	10	244	7,87	78,7	moderate
Directed activities		4	15	15	366	11,80	78,6	moderate
Social support		5	15	15	380	12,25	81,6	High

From table 2 information is obtained that the overall score of students on the aspect of self-insight is 80.9%. This shows that students' self-insight can be categorized high or it can be said that students generally recognize and understand their abilities and potential. In the Meaning of life aspect, an average

score of% is 79.4%. This shows that the meaning of life of students, in general, is in the medium category, meaning that students have clear meaning and purpose in life. In the changing attitude aspect, an average score of% was 78.2%. This shows that the changing attitude of students, in general, is in the medium category which means students have a positive attitude change towards a better direction in life. In the aspect of commitment, self obtained an average score of 78.7%. This shows that a student's self-commitment is generally in the medium category meaning students have high self-commitment to achieve life goals in this life. In the aspect of Directed activities obtained an average score of 78.6%. This shows that the directed activities of students, in general, are in the medium category meaning students have directed activities in life to achieve clear life goals. In the aspect of social support, an average score of% is 81.6%. This shows that the social support of students, in general, is in the high category meaning that students have high social support from the environment to achieve meaningfulness in life.

Based on the data processing results that have been described, it is seen that the meaningfulness of life in a multi-ethnic perspective by BK students can be categorized as high and there can be no significant differences between ethnic groups. This is strongly influenced by ethics, which includes findings that appear to be consistent or permanent in various cultures, in other words, an ethic refers to the truth or universal principles. According to the author Emik in this study had no effect. However, in providing follow-up related to ethics and emic, a counselor needs to pay attention to several aspects in the provision of assistance in the form of cross-cultural counseling, including the cultural background of the counselee, assumptions about the problems to be faced during counseling, and values that are affect counseling relationships, namely the opportunities and obstacles in the background of the place where the counseling is carried out, understand personal values and their assumptions about human behavior and recognize that each human is different (Supriadi, 2001). There are at least three approaches to cross-cultural counseling. First, a universal or ethical approach that emphasizes the inclusiveness, communality or universality of groups. Second, the emic (cultural specificity) approach that highlights the specific characteristics of specific populations and their specific counseling needs. Third, the inclusive or transcultural approach, which has been famous since the publication of Ardenne and Mahtani's (1989) work titled *Transcultural Counseling in Action* as quoted by Supriadi (2001).

In addition to the explanation above, the high level of meaningfulness of life of postgraduate BK students is influenced by the future that becomes their purpose in life (Frankl, 1978). Through their education, they make the future more optimistic and feel more meaningful. For this Postgraduate BK student continuing master-level education is an achievement. Achievement is also influential in determining the level of significance of one's life (Ruffin, 1984). In the learning process they live in, it can be a mechanism to find meaningfulness in life (Merriam & Heuer, in the press), because in learning to be able to tell or challenge the conception of the meaning of life and, in the process, provide an opportunity to obtain new meaning or confirmation which is currently held as a view of the meaning of life. (Mezirow, 1981, 1991, 1994).

The search for the unique meaningfulness of life is a motive inherent in every human being. Fulfillment of meaningful life always implies decision making and does not follow the principles of homeostasis such as satisfaction with needs. Meaningfulness of life can be achieved through creative values, appreciation, and attitude. Bastaman (2007) suggests three areas of activity that potentially contain values that enable a person to find meaning in life if they are applied and fulfilled. The three values are:

1. Creatives values (creative values), namely activities of work, work, carrying out tasks and obligations as well as possible with full responsibility. Through work and work, we can find meaning in life and live a meaningful life. Frankl (2004) said that the most important thing in work activities is not the scope or breadth of work, but how a person works so that the person is able to fill the full circle of his activities. This is closely related to the study entitled "Meaningfulness of Working Middle Adult Life Meanings (Lusia Gita Gracia: 2007). By having a job we will feel more meaningful than nothing. The positive and loving nature of the work as well as the way of work that reflects personal involvement in the work that will make us find meaning in life.
2. Experimental values (values of appreciation), namely beliefs and appreciation of the values of truth, virtue, beauty, faith, religion, and love. Living and believing in value can make someone meaningful in his life. Denmark, Kierkegaard (1813-1855), life is not just something as we think, but as we live (Fuad Hassan, 1992 p.24). The deeper a person feels about life, the more meaningful his life. Many people feel that they have found the meaning of life of the religion they believe in, or there are people who spend a large part of their age pursuing certain branches of art. Love can also make

someone live a meaningful feeling in his life. By loving and feeling loved, a person will feel his life filled with happy life experiences. Frankl (2004) also suggested activities related to the value of appreciation, namely believing the truth in the scriptures, feeling familiarity in the family, carrying out religious rituals. These values of appreciation will create a feeling of happiness, satisfaction, peace and meaningful feelings of self. This is closely related to the study entitled "The Meaning of Life and the Meaning of Happiness in the Elderly at Nirwana Puri Samarinda's Nirwana Orphanage" revealed that 7 out of 8 elderly subjects had a positive life meaning that could lead them to find meaning in happiness in living their lives in the orphanage (Rama Bahkruddinsyah, 2016). This happens because the subjects are able to live their lives in the orphanage.

3. Attitudinal values (values of attitude), Every journey of life of an individual, must get sad conditions, tragic conditions or tragic events. The essence of value lies in the way someone who sincerely and resigns himself to an unavoidable condition. This is closely related to the study entitled "The Relationship of Meaningfulness of Life to Self Esteem in Residents / Students of Drug Rehabilitation Centers for Peaceful Homes". This study shows that there is a positive relationship between meaningfulness of life and self-esteem in students of the Rumah Damai drug rehabilitation center (Lulun Rosana: 2011). In this situation, only attitudes can be changed and not the event itself. By taking the right attitude, the burden of tragic experiences experienced is reduced, maybe even the event provides valuable lessons and gives meaning to the individual concerned. An attitude of acceptance with sincerity and stoicism towards tragic things that can no longer be avoided can change our view which was originally tinged with suffering solely into a view capable of seeing the meaning and wisdom of that suffering. Suffering will indeed be able to provide meaning and use if we can change attitudes toward suffering for the better.

Based on the description above it can be seen that the achievement of the meaningful life of a person is strongly influenced by these three values which have nothing to do with emic. As for the components that determine the achievement of meaningful life according to (Frankl: 2004) including the existence of self-understanding (self-insight): aware of the current bad conditions and trying to make improvements, The meaning of life (the meaning of life): values that considered important which acts as a life goal and life guidelines that must be met, Changing attitudes (changing attitude): which

originally was not appropriate to be more appropriate in dealing with problems or inevitable disasters, self-commitment (self-commitment): have a strong commitment to meet the meaning of life that has been determined, directed activities: all efforts made to achieve the meaning of life with various development interests, potentials, and positive abilities and social support (social support): someone or a number of people who are trusted and willing and able to provide support and assistance if needed. This meaningfulness of life really helps students to better recognize their own potential, so that they are able to be directed toward more positive things.

CONCLUSION

Based on the results of research and discussion, it can be concluded that the meaningfulness of life in a multi-ethnic perspective as a whole is high and there can be no distinctive differences between ethnicities. If it is seen based on the aspects revealed, it can be seen that the aspect of self-insight obtained by students is high, the aspect of meaning of life obtained by students is moderate, the aspect of changing attitude obtained by students is moderate, the commitment aspect of self obtained by students is moderate, at aspects of directed activities obtained by students are moderate, while the social support aspects obtained by students are high,

Based on the results of the study, recommendations were made in the form of suggestions to students to be able to improve the meaning of life, change the attitude of self-commitment and directed activities in life in order to have a highly meaningful life.

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