



Abstrak

Fase dewasa awal identik dengan tanggungjawab dan peran baru yang lebih besar dari fase perkembangan sebelumnya, sehingga menimbulkan krisis tertentu. Individu yang berusia 20-30 tahun memerlukan strategi agar dapat merasakan kedamaian jiwa. Salah satu bentuk *positive coping* yang dilakukan oleh santri di pondok pesantren dalam menghadapi fase tersebut yaitu melalui puasa *ngrowot*. Puasa *ngrowot* merupakan sebuah laku prihatin meninggalkan konsumsi makanan pokok nasi dan segala bentuk olahan beras dalam kurun waktu minimal tiga tahun disertai dengan ijazah Kyai dan amalan doa tertentu. Puasa tersebut tidak sebatas aktivitas fisik-biologis, tetapi mencakup aspek psiko-spiritual. Secara psikologis, pelaku puasa *ngrowot* mengalami proses adaptasi (*adjustment*), proses pengaturan diri (*self-control*), serta pembentukan kebiasaan sehingga berpengaruh terhadap kondisi spiritual. Individu dapat merasakan kepasrahan dan kebergantungan yang tinggi atas Tuhan, sehingga mampu merasakan *raos tentrem*. Penelitian bertujuan untuk menggali proses dan pemaknaan puasa *ngrowot*, serta mengeksplorasi *raos tentrem* pada santri dewasa awal yang menjalankan laku prihatin tersebut. Partisipan terdiri dari tiga santri yang menjalankan puasa *ngrowot* lebih dari tiga tahun di pondok salaf, yaitu pondok pesantren tradisional yang memiliki ciri khas mengkaji kitab klasik serta sangat lekat dengan tradisi seperti tirakat. Pengambilan data dilakukan melalui wawancara mendalam dan observasi yang dianalisis secara deskriptif. Hasil penelitian menunjukkan bahwa santri pelaku puasa *ngrowot* mendapatkan manfaat positif, baik secara fisik maupun nonfisik (*raos tentrem*). *Raos tentrem* adalah kondisi jiwa yang stabil dan harmoni dalam diri individu sehingga dapat menjalani hidup dengan penuh penerimaan. *Raos tentrem* dalam diri berkaitan erat dengan perilaku, dimana kondisi afektif yang positif berpengaruh terhadap kondisi kognitif dan psikomotorik individu sehingga membuat individu mampu menghadapi gejala dari dalam dan luar diri secara positif. *Raos tentrem* dieksplorasi melalui pengaturan diri dalam hubungan interpersonal, pelaksanaan tanggungjawab, penyelesaian masalah, cara melihat hidup secara menyeluruh, serta gaya hidup. Pencapaian *raos tentrem* melalui laku prihatin puasa *ngrowot* menjadi faktor protektif individu selama menghadapi problematika hidup di fase dewasa awal.

Kata kunci: *puasa ngrowot*, *raos tentrem*, *dewasa awal*.



Abstract

The early adult phase is synonymous with a period of adjustment to new responsibilities and roles that bigger than the previous development phase in life, resulting in certain crises. Individuals aged 20-30 years need a strategy to deal with the crisis phase to feel peace of mind. The santris in Islamic boarding schools do the positive coping to deal with critical situations through the practice of puasa ngrowot (ngrowot fasting). Ngrowot fasting is an activity to avoid rice as main food and all of food made from rice for a minimum period of three years, by certificate from Kyai and practice the certain prayers. Ngrowot fasting is not only a physical-biological activity but includes psycho-spiritual aspects during the process. Psychologically, practicing ngrowot fasting is experienced by a process of adjustment, self-control, and habituation that affects the spiritual condition where individuals can feel high surrender and dependence on God. They can free themselves from the attachment to ambition, lust, and desires so that they are able to feel peaceful. One of the benefits of ngrowot fasting is raos tentrem (a feeling of inner peace) in the santris. The researcher intends to explore how the process and meaning of fasting ngrowot (ngrowot fasting), as well as exploring raos tentrem (a feeling of inner peace) in early adult santris who carry out the concerned practice. The research participants consisted of three santris who practiced ngrowot fasting for more than three years at the salaf Islamic boarding school, a traditional Islamic boarding school which has the characteristics of studying classical books and is still extremely attached to traditions such as tirakat (ascetic) culture. The data were collected through in-depth interviews and observations that were analyzed by descriptive analysis. The results showed that santris get positive benefits, both physically and non-physically by experiencing 'raos calm' when doing ngrowot fasting (ngrowot fasting). Raos tentrem is a stable mental condition and harmony within the individual so that they can live life with full acceptance. Raos tentrem as positive affective is closely related with cognitive and psychomotor aspects so they can deal with the internal and external problems positively. Raos tentrem (a feeling of inner peace) felt by participants was explored through the attitudes and behaviors of participants in daily life, such as attitudes in interpersonal relationships, attitudes in fulfilling responsibilities, attitudes in facing and solving problems, attitudes towards life, and lifestyle. In conclusion, raos tentrem in ngrowot fasting (ngrowot fasting) is an individual protective factor to cope with early adult problems.

Key words: ngrowot fasting, raos tentrem, early adulthood