

Abstract

Mindfulness meditators will have various experiences in the process of mindfulness meditation, leading to the discovery of meaning. These research aims are to understand the meaning of mindfulness meditators. In addition, the researcher wants to explore the experience of mindfulness meditators. The type of this research is qualitative research with Interpretative Phenomenology Analysis IPA approach. Participants were five advanced meditators. Data was collected through semi-structured interview. According to the data and thematically analysis process, there were nine themes can be acquired, namely: (1) Share the benefits of mindfulness through the profession; (2) Healed from physical and mental problems; (3) mindfulness meditation as a necessity; (4) The dynamics of the mental process during meditation; (5) The role of mindfulness meditation teacher; (6) The influence of mindfulness on religion; and (7) Return to the real self. The meaning of mindfulness meditation is to return to the real self.

Keyword: *meaning, experience, mindfulness meditation, meditator*

Intisari

Meditator *mindfulness* akan mengalami berbagai pengalaman dalam proses meditasinya, hingga berujung pada penemuan makna. Tujuan penelitian yakni memahami pemaknaan dan pengalaman meditator meditasi *mindfulness*. Penelitian ini merupakan penelitian kualitatif dengan pendekatan Analisis Fenomenologi Interpretif. Partisipan penelitian berjumlah lima orang meditator meditasi *mindfulness* jangka panjang. Teknik pengambilan data menggunakan wawancara semi terstruktur. Hasil penelitian menunjukkan tujuh tema yang muncul dari analisis transkrip verbatim, yakni: (1) Berbagai manfaat *mindfulness* lewat profesi; (2) Kesembuhan dari permasalahan fisik dan mental; (3) meditasi *mindfulness* sebagai kebutuhan; (4) Dinamika proses mental saat meditasi; (5) Peran Guru meditasi *mindfulness*; (6) Pengaruh *mindfulness* ke agama; dan (7) Kembali ke diri yang sejati. Pemaknaan meditasi *mindfulness* yakni untuk kembali ke diri yang sejati.

Kata kunci: makna, pengalaman, meditasi *mindfulness*, meditator