

MELAMUN: SEBUAH STUDI FENOMENOLOGI

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ABSTRAK

Melamun merupakan perilaku wajar yang dilakukan semua orang. Ditemukan bahwa 50-70% waktu jaga kita dipakai untuk melamun. Lamunan merupakan proyeksi mental yang berguna dalam proses pencapaian tujuan individu. Konten lamunan dipengaruhi oleh reaktivitas emosi individu dan kondisinya dalam proses pencapaian tujuan. Penelitian ini berusaha mengungkap dinamika perilaku melamun subjek penelitian dan pemaknaannya terhadap perilaku melamunnya. Penelitian ini dilakukan dengan metode penelitian kualitatif untuk memperoleh data yang detil berdasarkan sudut pandang subjek penelitian. Pendekatan kualitatif yang digunakan dalam penelitian ini adalah pendekatan fenomenologi guna mencari makna perilaku melamun bagi subjek penelitian. Subjek penelitian adalah peneliti sendiri, guna mengatasi hambatan penelitian yang berupa rendahnya *daydream disclosure*. Data penelitian diperoleh dari catatan lamunan dan buku harian yang ditulis oleh subjek penelitian selama 11 hari durasi pengumpulan data. Hasil penelitian menemukan 7 tema utama dalam dinamika perilaku melamun subjek, yaitu *activity*, *emotional experience*, *fictional event*, *self-concept*, *emotional regulation*, *daydream function*, dan *daydream impact*. Penelitian juga menemukan bahwa makna perilaku melamun bagi subjek penelitian adalah “pengalaman emosional buatan sendiri” dan “kanvas hati”.

Daydreaming is a common behavior. Researches found that 50-70% of our waking time is used to daydream. Daydream is a mental project that is useful goal pursuit process. The contents of daydream are influenced by a person's emotional reactivity and condition during their goal pursuit process. This research tried to reveal the dynamic of its subject daydreaming behavior and the meaning of daydream for them. This research was done with qualitative method in order to obtain detailed data from its subject's perspective. Phenomenological approach was used in order to find



the meaning of daydream behavior for its subject. The researcher of this research also acted as its subject. It was done to resolve the issue that may be caused by people's low tendency to disclose their daydreaming experience. The data for this research was collected from daydream notes and diary which was written by the research's subject during the 11 days of data collection process. This research found 7 main themes from the dynamic of its subject's daydreaming behavior which are activity, emotional experience, fictional event, self-concept, emotional regulation, daydream function, and daydream impact. This research also found that daydreaming behavior has meanings of "self-made emotional experience" and "heart canvass" for the research's subject.

Kata kunci: *daydream, fantasy, mind-wandering, mental project*