

## THE MEANING OF PSYCHOLOGICAL WELL-BEING IN HAFARA WORKHOUSE'S COMPANIONS

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### ABSTRACT

Psychological well-being is the actualization of a person's potential. The purpose of this study is to understand how Hafara Workhouse's companions in reaching their psychological well-being and to understand the ways of Hafara Workhouse's companions in having the meaning of psychological well-being in their services. This study used qualitative method with phenomenological approach. The respondents were three Hafara Workhouse's companions who had their services for more than five years, still in their productive ages, and they did not get salary based on Regional Minimum Wage (RMW) for their services. The result of the research showed that the companions were in their process to reach their psychological well-being by reflecting their past experiences through self acceptance and doing self actualization as the expression of personal growth at the present time. The respondents could realize their blessings and feel the thankfulness, so that it strengthened their spiritual values by "feeling adequate".

*Keywords* : Psychological Well-Being, Phenomenology, Hafara Workhouse's Companions

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## MAKNA KESEJAHTERAAN PSIKOLOGIS PENGELOLA PANTI SOSIAL HAFARA

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### INTISARI

Kesejahteraan psikologis merupakan perwujudan aktualisasi potensi manusia. Penelitian ini bertujuan untuk memperoleh pemahaman tentang bagaimana pengelola Panti Hafara mencapai kesejahteraan psikologis dan untuk memperoleh pemahaman tentang cara pengelola Panti Hafara memaknai kesejahteraan psikologis dalam menjalani kehidupan selama mengabdikan diri di Panti Hafara. Metode yang digunakan dalam penelitian ini adalah pendekatan kualitatif dengan studi fenomenologi. Responden merupakan pengelola Panti Hafara yang telah mengabdikan diri selama lebih dari lima tahun, berada di usia produktif mereka, dan tidak mendapatkan gaji sesuai Upah Minimum Regional (UMR) selama pengabdian di Panti Hafara. Hasil penelitian menunjukkan bahwa pengelola panti Hafara berada dalam proses pencapaian kesejahteraan psikologis dengan merefleksikan pengalaman masa lalunya melalui penerimaan diri sehingga mampu mengaktualisasikan dirinya dan mencapai pertumbuhan pribadi di masa sekarang. Responden mampu menyadari nikmat yang telah diperoleh dan bersyukur atas kondisinya pada masa sekarang sehingga dapat menguatkan nilai spiritual di dalam diri mereka dengan cara “merasa cukup”.

Kata Kunci : Kesejahteraan Psikologis, Fenomenologi, Pengelola Panti Hafara

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