

Understanding The Relationship Between Spirituality And Psychological Well-Being: A Literature Review From A Transpersonal Perspective

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Abstract

His study attempts to critically explore the views of transpersonal psychology on realm of spiritual experience. Exponents of psychology of this kind claim them concept as an integration between science and religion and can be universal accepted by all religions. Because this study reveals religions issues, especially religion experience which in islam is often referred to as a sufi experience, the approach is like this learning is sufism. From this research we found that the view of transpersonal psychology, they assumptions are a priori. They are not purely and intensely scientifically generated research, but based on the premises of an enduring, philosophy which it acknowledges transcendent unity of religions. Theologically their assumptions lead to rebuttal of religious doctrine. This results in a contemplative spiritual practice that ignores religion teaching. As a result, spiritual knowledge is more subjective based on the human ego, which ultimately leads to religion, and subjectively confirm their experience of sharia. Psychology, a sufi who has reached a spiritual state, his soul is in an existensial state awareness at the level of faqr, namely the feeling of indebtedness to Allah, it cause totality of devotion to Allah, not narcissism.

Keyword: Spirituality, Transpersonal Psychology, Psychological Well-Being

INTRODUCTION

Transpersonal psychology is known as the fourth stream in the world of psychology. This school was born as a response to the development of modern physics, and the emergence of a new age culture in the west in the mid-1960s that led to a shift in the study of psychology in areas of a spiritual nature, even today. This school has a very significant dominance in psychological research compared to other schools, such as behaviorism, psychoanalysis, and humanistic. All three schools, according to transpersonal psychology, are oversimplified and deeply reductive in describing human beings. One of his most important views is on the nature of spiritual experience.

Through direct observation of religious teachings and mystical traditions, its proponents assume that the essence of spiritual experience is: First, transcendent, meaning beyond the limits of reason and sensory experience, which cannot be achieved through religion. Second, inner empiricism, meaning that it can be measured scientifically. Third, universal means all mystical traditions and religious teachings have essentially the same spiritual experience. Based on such assumptions, transpersonalities claim that their views are models of integration between science and religion, as well as universal. This paper will critically examine these assumptions. Because this is included in the discussion of religious experience which in Islam is called Sufi experience, the critical analysis used is the perspective of Sufism.

RESEARCH METHODOLOGY

In this study, the author used a type of article research. This research is based on documents in the form of articles related to the discussion of the main theme. This study used a data collection method through studies. In addition, the author uses other literature that is in accordance with the above problems. If the data collection through the study has been fulfilled, the author uses content analysis to analyze the meaning contained in the entire main discussion by grouping through the stages of identification, classification, categorization and interpretation with historical, descriptive and comparative data analysis methods.

DISCUSSION OF SPIRITUALITY

According to Adler in the book Mahpur & Habib, 2006: 35 says that humans are conscious beings, which means they are aware of all the causes of their behavior, aware of their inferiority, able to guide their behavior, and fully aware only of the meaning of all actions so that they can actualize themselves later. Spirituality is directed at the subjective experience of what is existentially relevant for man. Spirituality is not only concerned with whether life is valuable, but also focuses on the spiritual why life is valuable. (Firdaus et al., 2021).

According to Hasan, 2006: 288 says that, being means having more attachment to things that are spiritual or psychological than things that are physical or material. Spirituality is self-awakening or enlightenment in achieving the purpose and meaning of life. Spirituality is an important part of an individual's overall health and well-being. (Firdaus et al., 2021)

According to Fontana & Davic in the book tamami, 2011: 19, the definition of spiritual is more difficult than defining religion, compared to the word religion, psychologists make some spiritual definitions, on spiritual dasamya has several meanings, beyond the concept of religion, we talk about people with spirit or show spirit behavior. Most spirits have always been associated as personality factors. In dasamya, the spirit is energy both physically and psychologically. (Firdaus et al., 2021)

The spirituality of life is the very essence of the existence of life. Spirituality is an awareness of the self and an individual's awareness of origin, purpose, and fate. This spiritual experience for psychology can be felt by those who are religious as well as atheists. This is not new, it is merely a reinforcement of concepts that have been conceived by previous Western psychologists such as Abraham Maslow's peak experience, William James' mystical experience, Sigmund Freud's ocean experience, or collective consciousness.

Spirituality involves seeking, finding and nurturing something meaningful in life. Understanding this meaning will encourage positive emotions both in the process of search, find, and maintain. A strong effort to seek it will bring encouragement (courage) which includes the will to achieve the goal despite facing obstacles, from outside and from within. Spirituality is closely related to the personal experiences that exist transcendental and individual in An individual's relationship with something that exists is considered meaningful. According to Averill as explained by Synder & Lopez, There

are three forms of spiritual experience as follows:

1. Vitality (Vitality)
2. Connectedness
3. Meaningfulness

Spiritual experiences are deeply felt and even characteristically life-changing. Like a disguised message, the meaning or significance of each is an indirect experience and this adds to the sense of mystique and curiosity, which is part of the spiritual feeling. In a religious perspective, revelation and scripture are usually used to help people who are willing to crack secrets. In a secular perspective, science, art and literature have the same function. Spirituality is the attempt to discover what is meaningful to man and then nurture and care for him. Finding God, is central to understanding spirituality. The individual who finds the root of the meaning of his life will try to maintain his relationship with God and looking at each aspect of his life based on the relationship he established with God.

Various virtues and strengths arise through this relationship. Building a spiritual life cannot be separated from building relationships with something meaningful. Thus, in order to build a life of spirituality, individuals can use methods of boundary determination (marking boundaries), spiritual purification (spiritual purification), spiritual mindset (spiritual reframing). Ritual forms of worship are a means of nurturing an individual's connection to God as a person meaningful to that individual.

Spirituality is the individual's self-awareness and awareness of origin, purpose and destiny. Spirituality is belief in its relationship with the Almighty. Power and Creator, for example someone who has faith in God as Creator or as Almighty. Spirituality implies human relationship with Tu han by using instruments (media) of prayer, fasting, zakat, hajj, prayer and so on. Spiritual needs are the harmonization of dimensions of life. This dimension includes finding meaning, purpose, suffering, and death, the need for hope and confidence in life, and the need to believe in oneself and God. There are 5 basic spiritual needs of human beings, namely: meaning and purpose of life, mystical feelings, devotion, trust and hope in times of difficulty.

THE CONCEPT OF ACHIEVING SPIRITUALITY ACCORDING TO THE DEVELOPMENT OF

TRANSPERSONAL PSYCHOLOGY FIGURES

In its development, transpersonal psychology is a branch of modern psychology after humanistic. After psychoanalytic, behaviorism, and humanistic psychology, then transpersonal emerged as a development of humanistic psychology. So it is not surprising that the figures of transpersonal psychology feed figures who come from humanistic psychology, namely:

1) William James

William James was a physician, psychologist, and philosopher, who was also a founder of American experimental psychology, and a pioneer in psychic research, mental psychotherapy experiences, and religious psychology, from the year (1842—1910). William James established that religion focuses on individual experiences, highlights the lives of sick souls and reviews the religion of sound minds, and explores conversion and holiness. Changing the power of mystical experience by incorporating the experiential concepts of mental psychotherapy and religion that are also included in transpersonal psychology. In the theory of *dasamya*, pragmatism is one of the theories of William James which is a school of philosophy that studies action. In one of his books entitled, *The Varieties of Religious Experience* is one of William James' first writings in the field of psychology to discuss about religious experiences studied pragmatism. The attainment of William James' spirituality Man's life and the universe are symbolic in reality or the reality of his individual religious experiences. Religious practice and religious experience are man's highest peak condition in the meaning of life and its relationship to God, the universe, and fellow humans and other living beings.

2) Richard Maurice Bucke

Richard Maurice Bucke (1837-1902) is one of the figures of transpersonal psychology or known as Maurice Bucke who is one of the figures from Canada. In his theory he posits various models of human consciousness as well as reality or reality as compositions of the transpersonal by preserving religious dogmas or beliefs. Human beings have three main stages of consciousness: simple consciousness, self-awareness, and consciousness Cosmic. Human beings have the possibility to have a tri-partite or three psychological parts (active, intellectual, and moral) that link the intellectual

nature with the conscious nervous system and moral nature to the autonomic or involuntary nerves that control the response in the body to perceived danger or threat. In the attainment of spirituality humanity evolved from the negative i.e. from fear and hatred, which in the end turned into the positive i.e. from love and faith. Richard understood world religions as expressions of faith, while aesthetics and art as expressions of love.

3) Carl Gustav Jung

Jung did not use the term religious view to represent the spiritual realm. He considered that post-midlife developmental norms were recognition of transpersonal or spiritual awakening, which he considered to be a natural occurrence in the maturation process. In its model, the process of maturation or growth is a means of development that includes the purpose of individuation. In the basic theory of Jung Individual behavior is determined by cause and effect and goals or aspirations regarding his relationship with God and the universe (theology). Human personality is (Prospective (looking forward or the line of development of the individual), and Retrospective (looking at the past of the individual). Memories, Dreams, Reflections is one of Jung's books, that self-example is influenced by theoretical aspects of the psychology of development (transpersonal). Pencapaian spiritualitas Jung "Four Archetypes" is one of Jung's books in his theory that the unconscious is not just a hiding place but a gift he called "archetypical", that is, a symbol of all inner forces working towards unity, health, fullness of life, and consciousness aimed at development. Every individual who falls ill, because he has lost what belongs to the religion that lives within him.

4) Roberto Assagioli

Roberto Assagioli is a renowned psychologist who used the word transpersonal in psychotherapy. He is a young Italian psychiatrist who is interested in aspects of power and human nature. In his theory that introduced psychosynthesis or psyche that places meaning in one whole whole. Psychosynthesis, psychology with the soul, is an orientation that looks towards personal mentions of each other, namely physically, emotionally, mentally and spiritually. Spiritual is considered to have no connotation (word idea), religious, which is considered as the essence of ketu hanan in all aspects of

life. Psychosynthesis consists of two Greek words, namely the meaning of the word psycho means self or soul, and the synthesis of bold root meaning, which is to unite or combine various parts to form a whole or related whole. The theory of dasamya is that the human unconscious is divided into seven levels (low unconscious, middle subconscious, unconscioussupra (higher), field of consciousness, self-conscious or "I", higher self, and collective unconscious) . The function of the self is as energy that regulates and directs other functions on the basis of will. In addition, there are three dimensions that influence, namely first, aspect, is the underlying thing, second, quality, is the form of individual action, and third, stage, is the process of being willing to organize his actions in a good direction.

Transpersonal experiences are often accompanied by an increased sense of personal freedom and a fresh sense of inner direction toward purpose. Spiritual, dogmatic or religious, as the essence of the living aspect.

5) Viktor Emile Frankl

Frankl said that man is a being capable of reaching the peak of his transcendence beyond the dimension of his soul or physical condition. Humans are also able to create dimensions of how the spiritual can be perceived by individuals and the moral decisions made. Human self-transcendence is how man reaches the pinnacle of divine consciousness and awareness of the highest meaning. Based on his theory, Frankl argued that the meaning of life can be obtained by individuals under various circumstances, normal, happy, suffering, or illness, and so on. In the foreword to Frankl's book entitled *Man's Search For Meaning*, that individuals can find the meaning of life and life that is valuable even in extreme circumstances, namely by giving meaning to life.

6) Charles T. Tart

Charles T. Tart was a parapsychologist who combined spiritual experience with science. He argues that knowledge is a way of honing as well as refinement that can be applied to human experience or called transpersonal. Charles Basic Theory of Science as a method for honing and refining that can be used in human experience or called

transpersonal. The attainment of human spirituality is able to create dimensions, namely how spiritual individuals can feel and the moral decisions taken. The meaning of life can be obtained by individuals in various circumstances, such as in normal circumstances, happy, suffering, or illness, and so on.

7) Ken Wilber

Ken Wilber is a movement figure from transpersonal psychology dubbed The Einstein of Consciousness as well as a figure or initiator of fifth generation psychology, namely integral psychology (integrative psychology) or Integrative psychology. Karanya is a wonderful synthesis of psychological, philosophical and spiritual traditions that form the "Eternal Wisdom" state of consciousness being the determining factor , and no integral approach can ignore it. Set the time an individual uses IOS, the individual will automatically be asked to check and see if he or she matches that important reality. IOS means Operating System An integral. In a functioning information network, an operating system is the infrastructure that allows various software programs to operate. The theory by Ken Wilber uses Integral Operating System or IOS as another expression for Integral Maps. This is, if the individual runs any "software" in the individual's life such as business, work, games, or relationships. Individuals always want the best operating system. Ini is an example of how IOS maps or Integral Maps can help individuals find areas we might not expect to be there. The state of consciousness is temporary, but the state of consciousness is permanent. Stages represent actual milestones of growth and development. For example, once a child progresses through the linguistic stages of developmental ability, the child has permanent access to language. Language is lost one minute and lost the next. The same happens other types of growth. Once individually stably reaches the stage of growth Other. Once an individual has stably reached a stage of growth and development, then he can access those stage capacities such as greater consciousness, more embracing love, higher ethical status, intelligence and consciousness almost any time one desires. There are several kinds of states of consciousness, namely mediative consciousness such as meditation and contemplation, altered consciousness such as peak experiences that can be triggered by experiences such as romance or feelings of love, awareness of great wisdom traditions such as mysticism, and great consciousness, natural consciousness

such as from awakening, dreams, and deep sleep can contain the entire spectrum of spiritual enlightenment. After all, the state of consciousness is the determining factor, and no integral approach can ignore it.

CONCLUSION

Man is a conscious being, which means that he is aware of all the causes of his behavior, aware of his inferiority, able to guide his behavior, and fully aware of the meaning of all actions so that he can actualize himself later.

Spirituality is closely related to the existing transcendental and individual personal experience in which the individual relates to something that is considered meaningful. Like a disguised message, the meaning or significance of each is an indirect experience and this adds to the sense of mystique and curiosity, which is part of the spiritual feeling. The individual who finds the root of the meaning of his life will try to maintain his relationship with God and view each aspect of his life based on the relationship he has built with God.

Spirituality is the individual's self-awareness and awareness of origin, purpose and destiny. These dimensions include finding meaning, purpose, suffering, and death, the need for hope and confidence in life, and the need to believe in oneself and God. Definisi spiritual lebih sulit daripada mendefinisikan agama, Compared with the word religion, psychologists make several definitions of spiritual, basically spiritual has several meanings, beyond the concept of religion, we are talking about people with spirit or showing behavioral spirit.

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