

SITTING MEDITATION TRAINING AS AN ALTERNATIVE TO SELF-HEALING

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ABSTRACT

The prevalence of mental disorders in Indonesia shows that many cases of mental disorders such as anxiety, depression and suicidal ideation that occur in Indonesia, one of which occurs in the productive age. One of the efforts that can be done is to provide the community with self-healing, one of which is by introducing the sitting meditation method to the community. Mental health disorders can occur due to negative thoughts and emotions that trigger cycles of thoughts and feelings. The sitting meditation method is believed to aim to increase sensitivity to the present state, which consists of several activities such as concentration, and relaxation by balancing logical or rational thinking with empathy which tends to be feeling based and practicing mindfulness with an observative attitude. This sitting mediation method, if practiced regularly, will naturally produce a state of calm, clarity and happiness. This method of sitting meditation is given in the form of a webinar to the Ruang Ceurita Community which contains information and practical tips for implementing sitting meditation, with a duration of 1 hour. The question-and-answer session will conclude the webinar, followed by a questionnaire on the implementation of the webinar.

Keyword: Mindfulness; Sitting Meditation; Self-Healing

INTRODUCTION

Having good health both physically and psychologically is a universal dream. Law number 36 of 2009 explains that health can be defined as a healthy state both physically, mentally, spiritually, and socially that allows everyone to live socially and economically productive. WHO (2019) explains that health is a state of complete physical, mental, and social well-being, not only free from disease or weakness or disability. WHO (2019) defines mental health as a state of well-

being that enables people to cope with the stresses of life, realize their abilities, learn and work well and contribute to the environment around them. In this case, we can see that mental health is an important factor that we need to take care of, because it can support us in everyday life. This is also in line with Law Number 18 of 2014 concerning Mental Health which states that mental health is a condition in which an individual can develop physically, mentally, spiritually, and socially. so that the individual is aware of his own abilities,

can cope with pressure, can work productively, and is able to contribute to his community. In this case it can be concluded that mental health is an important issue to discuss.

In Indonesia, mental health itself has only just begun to be highlighted. Research results from the 2018 Basic Health Research (RISEKSDAR) show that more than 19 million people over 15 years of age experienced mental disorders, where the prevalence of mental disorders as indicated by symptoms of depression and anxiety reaches approx. 6.1% of the total population of Indonesia or equivalent to 11 million people. In addition, based on the Sample Registration System conducted by the Research and Development Agency (2016), data on 1,800 suicides per year or every day 5 people commit suicide, and 47.7% of suicide victims are aged 10-39 years old. adolescents and productive age. Considering the number of cases regarding mental disorders themselves, what can be done is to equip people of productive age, one of which is to conduct Mindfulness interventions. Mindfulness was founded by John Kabat Zinn in 1979 with the aim of relieving chronic stress in patients with chronic illnesses. As for Mindfulness according to John Kabat Zinn (2003) Mindfulness is a form of awareness by giving full attention, deliberately, in the

present moment and without making judgments. In this case, Mindfulness is felt to be able to help people to be more pay attention to their mental health. In the perspective of Mindfulness, one of the things that drives mental health disorders are negative thoughts and emotions that trigger cycles of thoughts and feelings. As for the Mindfulness study, it is used in patients who experience suicidal ideation based on depression (Didonna, 2009) where Mindfulness can help people become more aware of their thoughts and feelings, without considering it to be more objective and consider solving the problem. The decentering process makes patients reduce the desire to avoid and become more focused on their thoughts and their feelings (Germer, Siegel & Fulton, 2013). Meanwhile, according to Germer, Siegel and Fulton, 2005, states that there are three important elements that form the basis of Mindfulness itself: *awareness, present experience, and acceptance.*

One Mindfulness practice that can be done is Sitting Meditation. The sitting meditation here focuses on training emotions and awareness. Tan (2012) explains that sitting meditation aims to develop emotional awareness. In this case, meditation is about mental training, of which two things are important namely attention and meta-attention. Attention is

controlled by the mind, in clear form, whereas meta-attention is the ability to pay attention to attention itself. Where this will train our attention and meta-attention skills. One of the benefits of sitting meditation itself is that it brings us into a state of relaxation and alertness at the same time. When we practice this, it will naturally result in a state of calm, clarity and happiness.

Sitting meditation is a mindfulness practice that can be practiced. It aims to increase sensitivity to the current state, which consists of activities such as concentration, and relaxation by balancing logical or rational thinking with empathy that tends to be feeling-based, and training awareness with an observative attitude.

Scientifically, sitting mediation serves to increase the cells in the brain associated with positive emotions. (Tan, 2012). This sitting meditation activity can be done in everyday life, where it can improve the quality of our lives, so it is alleged that it can help everyone's mental health. Therefore, on this occasion, the theme of community service carried out was "**Sitting Mediation Training as an Alternative for Self-Healing**" and the target of this Community Service is the community member of Ruang Ceurita.

Furthermore, from the results of the distribution of the questionnaires given,

information was obtained that this activity was necessary because the average participant needed this to get to know themselves better and learn to calm their hearts. This sitting meditation activity is expected to be one way they can do to help them improve their quality of life, especially in the field of mental health.

IMPLEMENTATION METHOD

Ruang Ceurita is an online community focused on Mental Health in the city of Bandung, which was established in June 2022. Moreover, activities that Ruang Ceurita conducts are online campaigns on Mental Health. The purpose of service is achieved by going through the following stages:

At this stage of preparation there are several steps taken, namely:

Preparation

1. Socialization

Socialization is the initial step for this service which was carried out by design and distributing posters through Ruang Ceurita's WhatsApp Community Group.



Figure 1. Whatsapp Community Group Poster

2. Implementation

This webinar was held on Sunday, September 11, 2022 (18.30 - 20.00 GMT+7). The community members who registering to this event reached as many 44 members. Participants are asked to fill out a form that helps the organizers to discover the participant's expectation and aspiration from this activity. Furthermore, participants were given the Google Meet invitation link to join the activity. The webinar session is held in two sessions as follows:

1. Introduction of the speaker and a conceptual definition of the purpose of Sitting Meditation and the benefits that will be obtained. This session will also describe the challenges that are usually faced and how this can be

done as a first step when facing disturbing psychological conditions.

2. Workshop. In this session, the participants were informed to conduct Sitting Meditation guided by the speaker. There are two sitting meditation exercises given. The first exercise focuses on being aware of the breath, then the second exercise is added the *Ho'oponopono affirmation*, where this affirmation can help participants to heal themselves.

After this webinar session, participants are expected to fill out an evaluation sheet prepared by the organizers. The evaluation sheet is given in the form of rating scale and questions to assess of aspects of the webinar speaker.

DISCUSSION

This discussion is explained into three parts: activity description, evaluation of the organizers and documentation of activities. Moreover, below are the detailed description of the activities

This activity is consisted of three sessions: (1) The introduction of Sitting Meditation and poem reading of Jalaluddin Rumi's "The Guest House". (2) Sitting Meditation practice for 10 minutes, followed by retrospective and feedbacks

from the participants. (3) The last and main session, namely the sitting meditation exercise paired with the Ho'oponopono metaphor.

I. First Session (The Introduction to Sitting Meditation)

The speaker explained the general concept of Sitting Meditation, namely Mindfulness. During the session, all participants listened to the speaker, where the speaker explained the current problems and condition pattern within the individuals, such as a fast rhythm of life, high levels of anxiety when faced with a problem, pressure from social and so on as the stress-driver for adult individuals that led to the emergence of multiple problems such as decreased productivity, increased aggressiveness, excessive anxiety to the emergence of disorders such as anxiety, depression and in the extreme, a tendency to commit suicide.

In a nutshell, participants are taught to understand and perceive Mindfulness as a concept focusing on living in the present, without over-remiscing about the past or over-anticipating on what will happen in the future.

Next, the speaker continues to read Jalaludin Rumi's poem entitled "The Guest House" which means that everything in this world, such as feelings of disappointment, anger and so on, still needs to be experienced properly. The purpose of this session is to provide new views such as values, and the basic attitude of Mindfulness.

II. Second Session (Sitting Meditation 10-Minute Practice)

Afterwards, the Sitting Meditation practice began in the second session. The instructor pair and guide the participants to do a 10-minute practice. Once the practice is over, the speaker opened a mini discussion forum where some participants shared their personal experience such as dripping tears and some cried because of their personal Pandora box or hidden sadness.

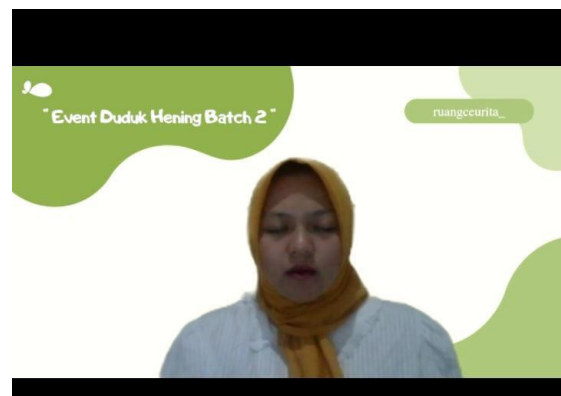


Figure 2. Sitting Method Session

III. Third Session (Sitting Meditation paired with Ho'oponopono metaphor)

Ho'oponopono metaphor is a method of love by giving repetitive affirmations to yourself by saying "I'm sorry, please forgive me, and I love you"

IV. Final Discussion

In the end of the session, participants were asked to share their experiences following this sitting meditation activity. On average, participants share that they were able to release their negative emotions, and one common expression is through crying which made them calmer afterwards



Figure 3. Final discussion session

ACTIVITY EVALUATION RESULT

As part of feedback collection for future Sitting Meditation events, below are the result from the participant's feedback:



Figure 4. Overview of Willingness to Recommend Events

Based on the feedback, it was found that 30 participants gave a score of 5 (on a scale of 1-5) to recommend this event to their friends and relatives, and 14 participants gave a score of 4 (on a scale of 1-5) to recommend this event to their friends or relatives. From these results, it can be concluded that most participants are willing to provide recommendations to others to take part in this event

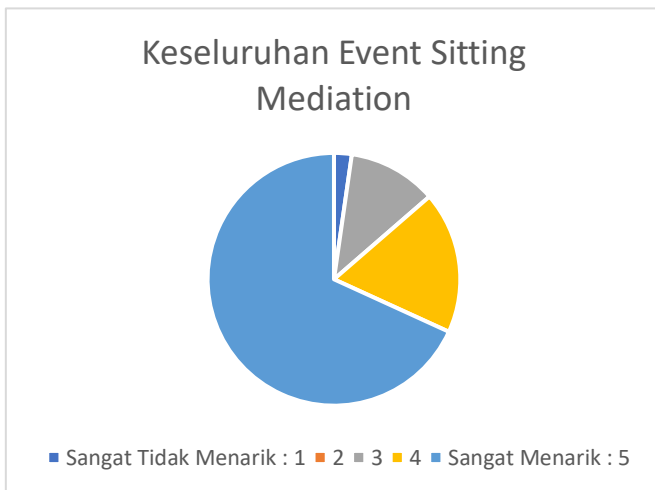


Figure 5. Overview of Participant's Experience and Satisfaction

Based on the feedback, it was found that the survey results on participant satisfaction with the event, from a scale of 1-5-, found that 30 participants gave a score of 5, 4 participants gave a score of 4, 5 participants gave a score of 3, and 1 person gave a score of 1.

CONCLUSION

Based on the Sitting Meditation activity that have been carried out, it can be concluded that this event is beneficial for the community members of Ruang Ceurita. Furthermore, the evaluation results indicate that this event has values to be further recommended to friends or relatives, and most participants are satisfied with the organization of the event.

For the upcoming event, the Sitting Meditation activity will be conducted with additional interesting themes and other in-

session improvement such as ice breaking, discussion topic and more to further evaluate the effectiveness of Mindfulness for the participants or learner's day-to-day life

DOCUMENTATION

This section contains a group photo taken after the Sitting Meditation activity took place:



Figure 6. Group Photo with the Participants

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