

RESEARCH ARTICLE

THE VIRTUE OF TRANSCENDENCE AND PSYCHOLOGICAL WELLBEING: A POSITIVE PSYCHOLOGICAL STUDY

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ABSTRACT

The purpose of this study was to describe in-depth the influence of the character strengths of transcendence and wisdom on students' psychological well-being. This study used a qualitative approach and was phenomenological research. There were three informants in this study. Participants are university students who live in the city of Yogyakarta. The data were collected using an open-ended semi-structured questionnaire and through in-depth interviews. The data were analyzed through thematic analysis techniques. The initial results from the preliminary research were validated through triangulation. The findings indicated that the presence of the character strengths of spirituality influenced students' psychological well-being during their university years.

KEYWORDS

character strengths, virtue, transcendence, prophetic tradition, psychological well-being.

1. INTRODUCTION

Maintaining psychological well-being throughout the life span can be challenging since the different stages of life present different transitions and threats. People's strategies to navigate those stages vary with age, and understanding the ability to experience "successful aging" is crucial. The socioemotional selectivity theory states that adults will have a limited time, so to maximize social and emotional benefits, they prioritize emotional meaning over knowledge acquisition. The maintenance or growth of psychological well-being that occurs with age can reflect this strategy (Hepper et al., 2021).

Psychological well-being refers to mental health and developmental outcomes for young and mature, and psychopathology or mental health when the focus is more specific (Salmon, 2021).

The spread of one's state spreading in society can have implications for psychological well-being. Psychological well-being can be conceptualized as construction that involves psychological adjustments and errors of negative adjustment. This conceptualization captures aspects of well-being, both eudemonic (cognitive evaluation of one's life) and hedonistic (the presence of positive and absence of negative emotions). It thus includes positive indicators of psychological well-being, such as social well-being and life satisfaction, and negative indicators, such as depression, loneliness, and anxiety. People who are higher and lower in psychological well-being must vary in producing their disclosures due to the motives of their psychological needs (Luo and Hancock, 2020).

Research reveals that the high and low levels of stress are also influenced by the psychological well-being achieved by each individual. A study showed that psychological well-being is related to the ability to adopt adaptive coping strategies in an academic context; those who score higher tend to adopt adaptive strategies. Having good psychological well-being can help in the adaptation process and is expected to help students in the face of demands that come from academics (Stahlmann and Ruch, 2020).

Some researchers have researched familism as a cultural resource for young people's psychological well-being. Nevertheless, other research results show different things. Familism can also trigger family stress that

has a bad impact. Psychological health can improve with social support and family members (Salcido et al., 2021). The fulfillment of needs is related to a person's psychological well-being, where the more these needs are met, the psychological well-being will increase, so if the power is considered as a tool to increase access to obtain pleasure and realize oneself to achieve psychological well-being.

Psychological well-being is a condition when individuals can accept their strengths and weaknesses, have clear life goals, become independent individuals, can foster and develop positive relationships with others, and can control their environment, and continue to develop personally-psychological well-being as a life that is going well, combined with feelings of well-being and working effectively. Individuals with high psychological well-being feel capable, get support, are satisfied with life, and have feelings of happiness (Proctor, 2019).

Individuals with high psychological well-being will have independence in their lives, develop what they have, control and utilize the environment in which the individual is located, achieve life goals, establish positive relationships with others, and can have good self-acceptance. These things will make the individual feel happy and excited in daily activities (Abu-Ras et al., 2018).

Individuals with positive emotions can expand and regulate to give rise to transcendence. The term transcendent is the awareness of its Qur'an and the increase in contact with others that causes the existence of prosocial behavior. Positive emotions have been shown to promote global (vs. local) processing, a person's ability to see the big picture and contribute to social beliefs, and the formation of a common identity in the group. This part of positive emotions favors the experience of transcendence (Van Cappellen, 2017).

Individuals having a positive life can have high psychological well-being. The awareness of life, which is the grace of God to carry out the rules of religion and apply them in daily life as part of interpreting worship and leading him to manage the relationship of closeness with God. This consciousness is an aspect of the spiritual intelligence of the Transcendental. Based on the above background, this study aims to determine the priority of virtue values and psychological well-being

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among students. Among students, kabajikan values have been fading, such as joining students in anarchist groups, fights between students, and student involvement in academic cheating. This research is expected to provide theoretical benefits, namely the study of positive psychology and Islamic psychology. Practically become a source of information related to the importance of the role of psychological aspects in life.

2. LITERATURE REVIEW

Psychological well-being is a condition in which a person's psychological aspects can function properly and positively. Psychological well-being is an individual's evaluation of the events/situations he or she experiences. Human welfare is not only related to the pleasure aspect but is more complex. Psychological well-being describes a person's psychological condition functioning well and positively (Baron et al., 2019).

Psychological well-being does not only consist of positive and negative effects and life satisfaction but is also best understood as a multidimensional construct consisting of individual life attitudes related to the dimensions of psychological well-being itself, which includes being able to realize one's potential on an ongoing basis, being able to initiate establish warm and close relationships with other people, have independence from social pressures, can accept themselves as they are, feel that their life has meaning, and have the ability to exercise control over their external environment (Martínez-Martí et al., 2020).

Is psychological well-being owned by individuals who focus on efforts to realize themselves (self-realization), self-expression (self-expressiveness), and self-actualization (self-actualization)? Psychological well-being is also a need that is needed to fulfill three kinds of happiness, namely: acceptance, affection, and achievement. Based on some of the opinions above, it can be concluded that psychological well-being is a condition in which human psychological aspects can function properly and positively (Osman et al., 2018).

The six dimensions of psychological well-being are (1) self-acceptance, namely a condition in which a person can accept the strengths and weaknesses of oneself as indicated by a positive attitude towards oneself; (2) positive relationships with others, namely one's ability to establish warm relationships with other people; (3) autonomy, namely one's ability to become an independent person; (4) environmental mastery, namely the feeling of being able and mastering in regulating the environment; (5) the purpose of life, is a person's ability to direct himself and have goals to be achieved in life; (6) personal growth, namely one's ability to achieve qualities and develop existing potential on an ongoing basis (Matud et al., 2019). Several factors affect a person's psychological well-being. Factors that affect psychological well-being are personality, occupation, age, gender, education, and occupation level, as well as health and physical function (Fernández-Abascal and Martín-Díaz, 2021; Mashuri and Zaduqisti, 2019; Saadeh et al., 2021; Salehi et al., 2020).

Transcendence is an aspect that resides in one continuity. The understanding of the problem of transcendence cannot only use the pattern of thought with the model of the use of the intellect alone because the intellect cannot understand precisely the nature of its strong praise, nor the unity in which it is a function, but is merely a transcendental and intangible truth. Transcendent values believe in the interrelationship and unity of nature, man, god, and the environment. The loss of transcendent values has resulted in a mess of the structure and functioning of people's lives. To answer all these desires, they should return to transcendent values derived from authentic sacred traditions (religions) to restore a religious view of nature (Piotrowski and Zemojtel-Piotrowska, 2020).

3. METHOD

The approach in this study is to use qualitative research. The researcher chose to use a qualitative method because this method is for this study, which is to understand the phenomenon of what the subject of the study experienced. The research strategy used to obtain data in this study is to use a phenomenological approach because researchers want to see how the picture of the virtue of transcendence and psychological well-being among students. Determining samples in qualitative research is generally used as a purposive sampling approach; namely, the chosen sample depends on the study's purpose without paying attention to its generalization ability. There were three informants in this study. Participants are university students who live in the city of Yogyakarta. The selected students were between 18 and 23 years old.

Data collection was carried out with open semi-structured questionnaires and in-depth interviews. The interview method used in this study was a semi-structured interview. A semi-structured interview is a method that has freedom in giving questions and remains the main topic of discussion regarding the aspects to be studied.

The data collected are analyzed using thematic analysis techniques that identify cognitive, affective, and behavioral themes and patterns. The thematic analysis method is the analysis of methods in qualitative research that emphasize the development and examination of patterns of meaning (themes) in the data. The steps in thematic analysis techniques can be listed: introduction, coding, generating a theme, reviewing a theme, defining and naming a theme, and writing. From the results of the study obtained, conclusions were validated by triangulation. Triangulation is one of the validation methods in qualitative research. Triangulation in this study was carried out by comparing the themes that emerged from many subjects.

4. RESULT

The results of the research found in the field from the interview revealed that The first, second, and third subjects have in common choosing gratitude and spirituality as the main transcendent values that need to be prioritized. In answering the research question about "The value of the life you choose, does it make you psychologically make you prosperous?" it seems that the three participants have a deepening in choosing the answer, namely gratitude and spirituality. The idea is that these sources can show transcendent in their lives. As the first subject reveals:

Diversity, hope, and spirituality. Alhamdulillah, the three life values I chose can make me remember that what God gave me made me better interpret the meaning of what I went through.

A sense of trust then arises in the faith that God willing will make you closer to God. Then, you will appear trusting and p, patient, re resigned to what Allah wants. When this trust and patience already exist in humans, then effort, perseverance, hope, and gratitude will appear so that one's life.

The result of subsequent research on the fear of God. The researcher asked, "Do you agree that the fear of deviating God's commands is the value of life in a person?" All three participants had the same answer that they agreed. As the second subject reveals:

The attitude of fear of violating God and feeling watched is an attitude of godliness that positions itself as a surrendering servant. Individuals will get good and filtered input so that they are also good in character building with good behavior in society.

The fear of disobeying God's commandments is a life value that must exist in a person. Tawakal, patience is also the value of life because, with trust and patience, a person will form an obedient attitude to religion. Feeling supervised by the almighty is a controller in living life—prosperity and happiness for the family. A good family will bring up good character and morals. Getting used to being a person who is polite and obedient to Allah SWT is an attitude that can be done to achieve happiness in the hereafter.

The results of subsequent studies on the well-being of psychologists. The researcher asked, "What do you understand about psychological well-being?" all three participants had different answers but almost had the same understanding. As the third subject reveals:

Psychological well-being is a condition of a person characterized by feelings of happiness, life satisfaction, not being depressed, and being able to develop their personality and talents.

The third subject's view of the value of life is that it is a good career and beneficial for others, his job as an addiction counselor is trying to be a good person to be a good figure for clients. In addition, the subject's understanding of psychological well-being is balanced physically and mentally.

5. DISCUSSION

The first, second, and third subjects have in common, choosing gratitude and spirituality as the main transcendent values that need to be prioritized. At the same time, the different selection as in the first subject adds the value of hope. The second subject adds the value of integrity and wisdom. In contrast, the third subject adds the value of kindness and love.

Previous research has shown a significant positive relationship between gratitude and psychological well-being in elementary school honorary teachers. The effective contribution given gratitude to psychological well-being was 55.4%. In comparison, 44.6% were influenced by other factors not included in this study, including age, gender, personality, social status, religiosity, and social support (Aisyah and Chisol, 2020).

Gratitude is one factor that affects psychological well-being because gratitude is one of the characteristics of a person who always thinks positively, which is then presented in more positive behavior. Gratitude is a form of expression of happiness felt by a person and is related to well-being. In addition, gratitude is a form of behavior from positive emotions;

in other words, gratitude is the opposite of negative emotions, such as anxiety, anger, jealousy, and other negative emotions. Grateful to be able to make a person better, to be wiser in dealing with every problem, and to be able to create harmony between himself and his environment and community.

Gratitude is a form of cognitive, emotional, and behavioral response. It was further explained that gratitude as a cognitive construction is characterized by an acknowledgment of the generosity and kindness of what has been received, as well as being more self-directed towards the positive things that are currently owned. Unlike the case with gratitude as a cognitive construction, gratitude as an emotional construction is characterized by the individual's ability to form emotional responses in finding meaning for the events experienced so that it is possible to have an impact on the presence of feelings of amazement, appreciation, and gratitude to God for the gift of life which is carried out (Sawyer et al., 2021).

Spiritual satisfaction, shown by position and materiality, is not a priority. Spirituality is a set of values that recognizes that man as a spiritual being with an inner life, whose soul needs to be considered anywhere by upholding values, meaningful experiences, feeling connected with others and God, and being part of his community. Spirituality can give the deepest purpose and meaning. Spiritual exploration in the modern world and its "religious free market" (Snook et al., 2019).

Spirituality has a different meaning for each different person. Spirituality comes from the Latin spiritus, which means steam, breath, and air. Spirituality is related to the spirit, and related to religious values are related to the spirit. Spirituality is the desire to find the fit of life and the ultimate goal in one's life. Another definition of spirituality contains a sacred quest characterized by transcendence, infinity, and ultimacy (Littman-Ovadia and David, 2020).

6. CONCLUSION

The findings show that the presence of spirituality and character strength affects students' psychological well-being during their university years. The first, second, and third subjects have in common, choosing gratitude and spirituality as the main transcendent values that need to be prioritized

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