

Psychological Well-Being in Persons of Success Ritual

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ABSTRACT. *Pesugihan* is a mystical ritual carried out by individuals in secret and unreasonable to obtain wealth involving mystical rituals of shamanic practices. The purpose of this research is to find out the psychological dynamics and how to interpret an individual who performs the *pesugihan* ritual. Data exploration was carried out by analyzing the basic motivations, both intrinsic and extrinsic, from the practice of *pesugihan* rituals including the informants' feelings when carrying out various rituals, praying, meditating, and fasting. The methodology in this study uses descriptive qualitative with a phenomenological approach. There were three informants who were involved in the research, through purposive sampling. Techniques in collecting data using observation and interviews. The results in this study indicate that psychological well-being is found in informants who carry out the *pesugihan* ritual and bring up an understanding of local beliefs which have a positive impact in the form of a holy feeling of soul, a feeling of comfort, a healthy body, a brighter appearance, a clearer mind, and a calmer worried mind.

KEYWORDS: extrinsic motivation; gifts; intrinsic motivation; psychological well-being

1 INTRODUCTION

Happiness is the dream of all normal and healthy human beings in this world. Therefore, every human being always strives for a prosperous life that is good physically, socially and psychologically. These efforts are made to achieve self-actualization in life by fulfilling physical, social and psychological needs. In the process of fulfilling human needs, of course, many problems often arise which can have an impact on the individual's psychological development.

Pesugihan in this context is part of occult science (occultism) because it involves mystical aspects and terms with magical powers, and is associated with belief in irrational things, such as amulets. Traces of the original words, *pesugihan* comes from the word *rich* (in Javanese) which means rich or *sugih*. However, the concept of *pesugihan* cannot be defined in *letterlijk* (*leterlek*) which means "wealth" because *pesugihan* is related to individual behavior in seeking wealth. However, the behavior of seeking wealth is not carried out fairly, but through mystical behavior carried out by an individual to get money involving mystical rituals and shamanic practices.

One of the studies on *pesugihan* was conducted by Purwantari (2007) who studied the practice of *pesugihan* Jimbung Bulus, in Klaten, Central Java, through research conducted on folklore, and more deeply into the practice of *pesugihan* and the myths contained therein. In contrast to the focus of the research conducted by Purwantari (2007), the research on *pesugihan* here deliberately places more emphasis on the psychological aspects experienced by the perpetrator when carrying out the *pesugihan* act.

In this context, the perpetrator of *pesugihan* can be considered to have lost rationality and critical awareness. In fact, the practice of the *pesugihan* ritual itself is more than just an economic system and a socio-cultural system. As part of civilization, the practice of *pesugihan* is also a way for humans to "No" (become), a form of self-existence (Purwantari, 2007). By becoming rich instantly, *pesugihan* seekers hope to gain a respectable social status in society.

Purwantari (2007) argues that so far there are many people who feel uncomfortable and worried about this *pesugihan* phenomenon. In general, *pesugihan* is seen as a cultural behavior and local belief that is not modern, superstitious (superstitious), stupid, non-religious, bad logic, fake science, and cannot be used as a guide in today's millennial era. This is contrary to this view, that this research actually wants to examine the phenomenon of *pesugihan* in the context of positive psychology, which emphasizes that *pesugihan* is "another way" that people do to survive (survival) who are full of enthusiasm and have a strong ethos to realize their desires through behavior. that must be eliminated, a strong spirit and ethos in undergoing tough living conditions is certainly not able to take action without

an underlying internal drive. For this reason, the researchers focused on the psychological aspects of the perpetrators when performing the pesugihan ritual.

In the context of this research, the aim is to analyze the forms of psychological impacts and dimensions experienced by individuals and efforts to achieve prosperity. Based on the description above, the author is interested in researching and analyzing dimensions of well-being among pesugihan ritual practitioners.

2 METHOD

This study uses a qualitative method with a phenomenological approach. With method study qualitative, characteristic connection between researcher And respondents can served in a manner direct, And method This more sensitive And more customized with various sharpening. Matter This in accordance with view Moleong (2014) Which define study qualitative as study Which try understand phenomenon What Which make experience studied, like behavior, perception, motivation, action, And etc. Next, to examine in more depth the approach using phenomenology, phenomenological research is a research design where the researcher describes an individual's lived experience of a phenomenon as explained by the informant (Creswell & Creswell, 2018).

Qualitative method can be used with the aim of revealing and understanding something behind a phenomenon that is little known and can provide details about complex phenomena that are difficult to reveal with quantitative research methods (Strauss & Corbin, 2007).

The interview guide is in the form of open questions prepared before the interview process is carried out. The making of the interview guide refers to indicators from six dimensions, which include self-acceptance, positive relationships with others, self-autonomy, environmental mastery, life goals and self-growth, on individual psychological well-being as proposed by Ryff and Keyes (1995). Questions were asked directly to informants through meaningful semi-structured interviews interview can develop If, after listen answer on topic the, more Lots question Can submitted, like Which showed on example guide question in lower This:

Some of the questions asked are as follows:

1. How do you assess your past life?
2. Tell us about your relationship with family and friends in daily activities in the surrounding environment?
3. When making an important decision, what do you usually consider?
4. How do you divide your time between work and carrying out special rituals or worship?
5. Tell me about your desires and goals in life?
6. How do you perceive the changes that have occurred to you and your family?

Process collection data in study This use observation and interview. Analysis data covers collection information, reduction data, presentation data, And withdrawal conclusion.

Informants in this study were three people including two men and one woman

Informant	Gender	Experience	Work	Age
Dd	Man	5 years	Employee	51 Years
SK	Man	8 years	Trader	42 Years
HR	Woman	2 years	Businessman	40 Years

Source: Processed Primary Data (Researcher, 2023)

3 RESULTS

In this study, it was obtained the phenomenon that the pesugihan ritual had a positive impact on psychological effects on individuals, such as inner peace, peace of mind, clear mind, purity, and physical health. All of these psychological influences were obtained through the ritual acts performed by the informants, such as praying, meditating, bathing in springs, burning incense and offering offerings, as well as fasting or tirakat. Common prayers said by the informants during meditation or when offering offerings.

Accepting yourself

I have a lot of debt and I don't have anything anymore, bro, I'm tired of going here and there next to many people. Day by day it became more and more erratic, I even wanted to end my life because day by day my frustration grew more and more abysmal. (DD)

I'm desperate, bro, income and expenses are not balanced. My wife also sometimes doesn't want to understand, and ends up fighting all the time. Lately, I'm afraid that my wife will ask to separate, so my shortcut is to do this with all the risks. (SK)

I can't stand how I want to draw fate anymore, because the money circulation business doesn't end. Ups and downs in the business world are very scary, bro, even lives are at stake. If we don't take steps like this, we don't know what our family's life will be like. (HR)

Positive Relationships With Others

My relationship with the people around me is fine, bro, it's normal that some people around here used to underestimate us because of the economic situation that was lagging behind the others. And now people have started arriving when they have needs, especially money matters. (DD)

There are lots of relationships, bro, but I'm just wiser in maintaining relationships now, if there's no reciprocity that benefits me, I'd rather stay away. Especially privacy, bro, if I can't protect it, it's better for me to avoid it. (SK)

My relationship with many good people, bro, open with anyone but often thought bad by the people around me but I just ignore it, because everything we want to achieve must require sacrifice and what can make us comfortable is ourselves. (HR)

Self Autonomy

Regarding decision-making and the like, it remains with the head of my own family, bro, my wife always asks for consideration, sometimes I demand that I have to do it, I want a lot, but there are all risks, bro, because in the past I was not able to get him easily. Even so, we are ready to carry out this decision and accept the consequences, mas. (DD)

Still I am all about decisions and policies myself because of the responsibility as a husband. But my wife, perhaps annoyed with this situation, would rebel, and I have no other way but because everything I do, whatever the risk, is for the sake of my family's happiness. (SK)

I'm a stubborn person, bro, so my husband is more adaptable if I have shared desires and responsibilities. (HR)

Environmental Mastery

Every Selapan, about once a month, I always routinely perform prayers and other rituals somewhere, and have a special room for worship. Luckily my job is not too energy and time consuming so it is more flexible in doing many other things. (DD)

I have special events on certain days to pray mas which really can't be negotiated, if it's work in the morning and other than that the priority of time is for family and prayers mas. (SK)

My working hours are flexible, relaxed, bro, even though sometimes it's excessive or busy, I will prioritize my prayers more because before I was like this, I remember very well how my bad condition and that of my family got to the point it is today. (HR)

Purpose of life

Relaxed life is not tired of working hard, debts are paid off, family needs are met and not looked down upon by others. And all the wishes that have not yet been achieved, I myself and my family slowly want to be able to make them come true so that they can all be proud, bro. (DD)

Harmonious family, stable economy so that my wife doesn't ask to separate, bro, because of my struggle and all my sacrifices for my family, bro (SK)

I have a desire to get up and recover from a bad event when my business went down a few years ago, with all the risks. (HR)

Personal Growth

I feel happier after the debt is paid off and if I want to buy anything, it can slowly come true, bro. Work also becomes more developed and comfortable, people are less tired and have free time to exercise and worship so that their body and soul are balanced in living life. (DD)

I feel more comfortable and calm like now, bro, even with limited relationships, rather than just adding to the burden, bro, the important thing is to be able to maintain each other's privacy. Be firm and wise when dealing with money with people other than your wife and family, bro, so you will be better able to manage your family's finances. (SK)

It's slowly starting to get better, bro, when I remember the pain when we went bankrupt, our business is so traumatized until now. Of course everything has risks, but since yesterday's incident my heart no longer feels anxious, my mind feels clear and of course I am more sensitive to the instincts around me. (HR)

4 DISCUSSION

Psychological well-being is the psychological health condition of an individual who has optimal positive psychological functioning. These psychological functions include self-acceptance, positive relationships with others, autonomy, environmental mastery, life goals and personal growth (Ryff & Keyes, 1995). Individuals can be said to have psychological well-being if they can accept their weaknesses, strengths and past, are able to establish positive relationships with other people, can make their own decisions, can manage their own lives and those of their families, have life goals that they want to achieve in their future lives and try to keeps getting better over time.

Self-acceptance is a major component of mental health and is a characteristic of self-actualization, optimal functioning, and individual maturity (Ryff, 1989). Based on the results of the interviews with the two informants DD and SK, the background was due to economic factors, constrained by having a lot of debt as well as installments and the income from their work immediately ran out to meet their daily needs. As for HR, he is constrained because his furniture business is threatened with going bankrupt due to an error while he has to immediately pay off all debts and several other responsibilities so there is no other choice but to try to accept it and recover with shortcuts with various risks.

In addition to self-acceptance, the ability to love oneself and one's family is also a major component of mental health (Ryff, 1989). The results of this study indicate that informants can establish warm and trusting relationships with their family and close friends. As was the case with the two informants DD and SK, their relationship with people in their surroundings was limited and gave them distance because at first they felt the pain of being looked down upon by people because of their economic status and they tried to maintain good relations with people who really influenced their lives. like family and close friends you can really trust. While HR, he tries to be open with anyone but is thought bad by some people around him but he tries to be ignorant and doesn't care about it all.

Environmental mastery is an important component of the positive psychological functioning framework (Ryff, 1989). An individual's ability to manage tasks produces a satisfying experience for him (Bélanger, 2019). Environmental mastery and self-acceptance can predict harmony in life (Garcia et al., 2014). Other studies have shown environmental mastery to be one of the important factors affecting the mental health of adults and strategies to increase environmental mastery are important for their psychological well-being (Knight et al., 2011). In addition, self-esteem and mastery of the environment can help reduce stressful experiences (Montpetit & Tiberio, 2016). Several studies show that the ability to control the environment is an important psychological function that influences and can improve the psychological well-being of informants.

Positively functioning individuals have goals, intentions, and direction, all of which contribute to a sense that life is meaningful (Ryff, 1989). Based on the results of research with the three informants DD, SK and HR want a better life in the form of freedom from debt and installment obligations, a harmonious family, recovery from adversity and an improved economy so that people in the surrounding environment will not be underestimated.

In addition to having a sense of direction and holding beliefs that provide purpose in life, a sense of meaning in present and past life is an indicator of dimensions of life purpose (Ryff & Keyes, 1995). Based on the results of the three informants, they stated that there were many lessons and lessons

that could be taken from the past so that the informants could find meaning in every event that occurred in their lives.

Optimal psychological functioning not only requires that individuals achieve their previous characteristics, but also that individuals continue to develop their potential to grow and develop as individuals (Ryff, 1989). Based on the results of research on the three informants DD, SK and HR, they now feel that they are more mature and wiser in living their lives after marriage and are willing to try to adapt to each other and their families and people from outside parties. The informants felt many significant positive changes in themselves from time to time. In addition, there is still a desire to continue to develop its potential. Self-growth is dynamic, involving the process of continuously developing individual potential (Ryff & Singer, 2008).

The changes that occurred in the informants became more positive and reflected maturity, such as being wiser in making decisions, namely the considerations chosen before displaying a certain behavior. In addition to the feeling of continually developing and changing in ways that reflect knowledge and effectiveness, openness to new things is an indicator of dimensions of personal growth (Ryff & Keyes, 1995).

The research results of Hardin et al. (2007) showed that those with higher self-growth initiative were able to prevent suffering by sustaining lower self-loss. Autonomy and family function simultaneously play a role in predicting individual self-growth initiatives (Anantasari & Pawitra, 2021). Individual perceptions of parental expectations also play a role in predicting self-growth initiatives (Palupi & Salma, 2020).

5 CONCLUSION

This study provides an overview of the six dimensions of psychological well-being in pesugihan ritual performers. First, acceptance of strengths, weaknesses, and the past. Even though some informants still regret the past and have not been able to fully accept it, they can take lessons from the past and try to interpret the values of life and improve themselves to be better day by day in the future. Second, the ability to establish positive and harmonious relationships to adapt to family and close friends and still provide distance from other people as a form of vigilance. Third, they have the ability to make their own decisions, but other people's considerations are considered important, especially by their partners and are willing to adjust to each other when the decisions they make have a negative impact on them. Fourth, the ability to organize daily activities and create a comfortable environment for oneself, family and friends. Fifth, there is a direction and purpose in life, both oriented towards the welfare of the world and comfort in praying according to one's own beliefs. Sixth, there are positive changes from time to time and there is a desire to always be careful and continue to develop for the better in the future.

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