

*Out of Body Experience* pada Dewasa Awal: Sebuah *Interpretative Phenomenological Analysis*

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**ABSTRAK**

Penelitian parapsikologi cenderung terbatas di Indonesia karena adanya tumpang tindih dengan kepercayaan masyarakat Indonesia. Pengalaman yang tidak dapat terlihat atau dibuktikan bukan berarti tidak ada bukti. *Out of body experience* adalah sebuah pengalaman seseorang yang dapat merasakan jiwanya diluar dari tubuh fisik serta dapat merasakan alam bawah sadar dengan kesadaran penuh. Pengalaman tersebut bersifat subjektif. Penelitian ini bertujuan untuk menggali dan memahami pengalaman seorang yang mengalami *out of body experience*. Pemilihan partisipan dilakukan dengan teknik *purposive* untuk memperoleh tiga partisipan penelitian, yaitu seorang yang mengalami pengalaman melihat dan mengamati “tubuh” diluar dari “jiwa” akibat peristiwa tertentu saat usia 18 hingga 40 tahun. Pengumpulan data dilakukan dengan *indepth interview*. Analisis data penelitian menggunakan metode *Interpretative Phenomenological Analysis* (IPA). Hasil penelitian menemukan tiga tema induk, yaitu (1) Gambaran *out of body experience*, (2) Dampak setelah mengalami *out of body experience*, dan (3) Perolehan eksistensi diri. Ditemukan dalam penelitian ini setiap subjek dapat *memproyeksikan* pengalaman *out of body* serta adanya perbedaan pemaknaan OBE dipengaruhi oleh latar belakang terjadinya OBE. Faktor penyebab serta jalan cerita yang dialami setiap subjek pun berbeda. Namun setiap subjek sepakat bahwa dalam dimensi lain atau alam bawah sadar terdapat waktu yang cepat atau terjadi di *now moment*. Ketiga subjek bersyukur karena dapat diberikan kesempatan untuk hidup kembali dan diberikan kesempatan untuk memperbaiki diri. Terlihat setiap subjek dapat memaknai pengalamannya dan menemukan eksistensi dalam kehidupan.

**Kata Kunci:** *Out of body experience*, jiwa, *Interpretative Phenomenological Analysis*

*Out of Body Experience in Early Adulthood: an Interpretative Phenomenological  
Analysis*

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**ABSTRACT**

The psychologists' researches tend to be limited due to the overlapping issues between the psychological research and Indonesian beliefs. Invisible or unprovable experiences are not lack of evidence. Out of body experience is an experience which allows someone to feel his soul out of his physical body and to feel the subconscious with his full awareness. This is a subjective experience. The objective of this research is to understand and discover someone's out of body experience. The participants were chosen by purposive technique to gain three research participants, involving those who saw and watched his "body" out of his "soul" due to the certain circumstances between the ages of 18 and 40. The data collection technique used was in-depth interview. The method of data analysis used was *Interpretative Phenomenological Analysis (IPA)*. Three main themes were found, involving (1) the illustration of OBE (out of body experience), (2) the effect after experiencing OBE, and (3) self-existence gained. The result of this research showed that each subject could project their out of body experience. Moreover, there was a difference between the sense of OBE affected by the reason of OBE itself. The factors caused OBE as well as the storyline of each subject were also varied. However, every subject agreed that in another dimension or subconscious, there was a fast time or happen in *now moment*. Those three subjects were grateful since they had the chance to get back to their life and improve themselves. It seemed that the subjects were able to sense their experiences and found their life-existences.

Keywords: Out of body experience, soul, Interpretative Phenomenological Analysis