

## Peranan refleksi, strategi refleksi, kesulitan hidup, dan usia terhadap kebijaksanaan = The role of reflection reflection strategies difficult life experiences and age on wisdom

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### Abstrak

[<b>ABSTRAK</b><br>

Penelitian ini bertujuan untuk melihat peranan refleksi, strategi refleksi, kesulitan hidup, dan usia terhadap kebijaksanaan. Penelitian ini menggunakan kuesioner dan wawancara. Kuesioner yang digunakan adalah Kuesioner Karakteristik Orang yang Bijaksana, Kuesioner Kebijaksanaan, Kuesioner Refleksi, Kuesioner Strategi Refleksi, dan Kuesioner Pengalaman Hidup Sulit. Partisipan terdiri dari 29 nominator, 30 orang yang dipilih oleh nominator (terdiri dari 18 orang yang dinominasi sebagai orang yang bijaksana dan 12 orang yang kurang dinominasikan), dan 110 orang yang dipilih secara accidental. Hasil analisis menunjukkan bahwa, refleksi kesulitan hidup memiliki peranan yang signifikan dalam pencapaian kebijaksanaan seseorang. Kebijaksanaan dan refleksi meningkat sejalan usia, pada orang yang dinominasi sebagai orang yang bijaksana. Demikian pula pada orang awam yang memperoleh nilai tinggi di kuesioner. Selanjutnya, pada orang yang dinominasi sebagai orang yang bijaksana, ditemukan bahwa mereka menerapkan strategi refleksi self-distanced, mempunyai sifat positif, melakukan refleksi diri, bersyukur, ada orang yang mendukung, dan punya tokoh panutan. Sementara pada orang yang kurang dinominasi sebagai orang yang bijaksana, mereka menerapkan strategi refleksi self-immersed, cenderung kurang mampu mengatasi masalah, fokus pada sifat negatif, kurang merefleksi diri, dan menyesali diri.

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<b>ABSTRAK</b><br>

The goal of this research was to find out the role of reflection, reflection strategy, difficult life experiences, and age towards wisdom attainment. It used questionnaires and interviews. The questionnaires used were Wisdom, Reflection, Reflection Strategy, and Difficult Life Experience Questionnaire. Participants consisted of 29 nominators, 30 nominees (18 wisdom nominees and 12 lessnominated), and 110 laypersons. Results revealed that the reflection of difficult life experience has significant role in achieving one's wisdom. Wisdom and reflection increase with age on people nominated as wise. As well as lay persons who got high score on the questionnaires. People nominated as wise used selfdistanced reflection strategy, showed positive characteristics, do self-reflection, be grateful, supported, dan have role models. While non wise people used selfimmersed reflection strategy, tended to be less able to overcome problems, focus

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