
**SELF-AFFIRMATION THROUGH MEDITATION IN THE
FORMATION OF SELF-CONCEPT**

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Abstract

Thoughts and perspectives ultimately provide the basis for how individuals understand and interpret life experiences. Failure is not the end of a journey but rather an opportunity to grow. This research discusses the process of self-affirmation through meditation to raise awareness of the minds of individuals who experience the lowest point in life, making them feel insecure, stressed, hopeless and losing character. This research uses qualitative methods with the Looking Glass Self theory. In this theory, individuals describe the process by which social reactions and evaluations can have an impact on how we see ourselves. This research aims to gain an in-depth understanding of self-affirmation through meditation in forming self-concept. The results of this research contained 3 findings, namely past trauma and its causes, self-affirmation through meditation, and self-concept. Past trauma is one of the causes for individuals to meditate, for example childhood trauma, breakups and even parental pressure. Self-affirmation through meditation has a positive impact on rising and recovering from failure, so that it can build a positive self-concept by setting boundaries to accept and respect bad social views. This shows that self-affirmation through meditation is an effective way to strengthen self-confidence and create a positive self-concept.

Keywords: self-concept; self-affirmation; self-meditation; trauma healing; self-love

Introduction

This life is the result of one's own thoughts. Thought is the most powerful and highest energy. Humans were created perfect with reason and thought. We can act as we please with what we think and want, even though there are times when something we want is not achieved, either failing halfway, failing when everything is almost successful, or even failing before starting. It's as if the plans that have been written evaporate without giving you victory in achieving something you want. Humans' thoughts and actions are influenced by events they have experienced before, both pleasant events and trauma they have experienced. Dr. Michael Brown, an American scientist, states that trauma is an experience that has a significant negative impact on various aspects of a person's life, including their emotions, physical health, interpersonal relationships and social interactions. However, trauma itself is not just an event or event at that time, but rather how we respond to it. This response can include feelings such as fear, anger, or anxiety, which then shape our perspective or way of looking at ourselves and the world around us.

During this period a person can experience the lowest point in their life. Negative thoughts and perspectives make a person lack self-confidence, anxiety, stress, despair, and even lose their character. This stress can trigger the body's response, both physically and mentally (Ulansari & Sena, 2020). To gain complete awareness, it is important for us to have a closer relationship with ourselves and have a deeper understanding of who we

are and what is most important to us in life. Humans are given the potential for reason, morals and reasoning to control other creatures for the sake of sustainability, prosperity and benefit for themselves and the environment (Saras, 2023). Humans and communication have a very close relationship because communication is the main foundation of family social interaction, cultural development and individual development (Mahmudah et al., 2020). Flores de Gortari holds the view that communication is a complex and very important process in human life. Aristotle also stated that the aim of communication is persuasion, namely the speaker's efforts to lead other people into the persuader's point of view (Liliweri, 2017).

One effective strategy for overcoming lack of self-confidence, anxiety, stress, hopelessness and other negative energy is to meditate. Meditation according to KBBI is concentrating thoughts and feelings to achieve something. Meditation regulates the body and mind to influence mental events by engaging a specific series of attention (Cahn & Polich, 2006). Focusing on specific attention is one of the main elements of meditation, in which a person seeks to direct their attention deliberately and without judgment towards a specific object, such as breathing, or observing thoughts.

Jon Kabat-Zinn, a professor emeritus at the University of Massachusetts Medical School, also defines meditation as "a direct, non-conceptual, non-verbal experience of reality. This meditation is also one of several methods or types of non-concentrative meditation which aims to eliminate one's ego so that one can gain a lifestyle full of awareness without desires, ambitions and even unnecessary emotions (Mengga et al., 2022). In the context of the Mindfulness-Based Stress Reduction (MBSR) program that he developed, Kabat-Zinn uses meditation as a tool to teach awareness (mindfulness).), which he describes as "a deliberate and non-judgmental emphasis on present experience (Candrawati et al., 2018).

Meditation aims to create a calm and relaxed state of mind so that it is free from negative emotions, obtains peace in life by honing virtue, and allows a person to feel one's own presence more deeply (Thynn, 2022). This statement can be anything, such as "I accept myself completely", "I am able to achieve what I want" or what is usually called an affirmation. Munar (2018), author of the book "The Power of the Affirmation Mindset," said that self-affirmation is a series of positive statements specifically addressed to oneself, aimed at influencing the subconscious mind, thus helping to build a more positive perception of oneself (A. Siregar, 2014). Positive self-affirmations in the context of meditation can build self-confidence, reduce stress and anxiety, and improve overall mental health. Apart from that, positive affirmations are able to provide positive energy to the mind (Siregar, 2024). By giving individuals the tools to increase their self-esteem and respond more positively to life's challenges, positive affirmations can be an important aspect in efforts to prevent mental health disorders and improve overall well-being (Lestariningsih, 2020).

Based on previous research, there are several studies that discuss self-affirmation in forming self-concept. First, effectiveness with the title *The Role of Intrapersonal Communication as Self Healing*, which in this research shows that someone can instill positive information through affirmation techniques, so that they can become self-healing (Noviariski, 2021). Because positive thoughts can stimulate cells in the body so that they can become healing for humans.

Second, research entitled *Using the Tiktok Application in Forming Adolescents' Self-Concept in Pisangan Jaya Village, Tangerang Regency*, in this research shows that the active use of the TikTok application in Pisangan Jaya Village, Tangerang Regency, has a significant influence in forming adolescents' self-concept (Setiawan & Nabila, 2022).

Factors such as online social interactions, identity exploration through video content, and responses from followers can influence how teens form perceptions of

themselves. In addition, a complex picture of the self-concept of adolescent TikTok users is drawn, which includes positive aspects such as increased self-confidence and creativity, but also the emergence of risks such as social comparison and pressure to achieve unrealistic standards (Salzgeber, 2019).

And third, in previous research entitled *The Importance of Self Love and Self Care for Mental Health Through Relaxation Meditation for Plato Foundation Patients* (Agustin & Yuriadi, n.d.). This research refers to meditation which plays a very important role in self-love and self-care which can help maintain mental health and reduce the risk of disorders in psychological conditions (Zulkarnain et al., 2020). Where the object of this research is the Plato Foundation, which is a drug rehabilitation foundation with the aim of finding out the benefits of relaxation meditation which is given positive affirmations in order to build enthusiasm and forgive oneself for the mistakes that have been made (Hani'ah, 2023)

Based on the background above, the researcher aims to analyze the effectiveness of self-affirmation through meditation for participants in raising awareness of thoughts to become better as a result of adversity and building self-concept. With this background, researchers are interested in researching more deeply by raising the title "Self-Affirmation Through Meditation in Forming Self-Concept".

According to Yogi Noviariski with the journal title *The Role of Intrapersonal Communication as Self Healing*. This research is research that uses a qualitative approach with the type of research used is library research. Literature study is the collection of data related to research objects or the collection of data of a literary nature (library), both from books, previous scientific papers and other documents that are relevant to the problem in this research. The research results show that intrapersonal communication as self-healing can be done by instilling positive thoughts in ourselves. Even though the information you get is negative information, you still have to think positively so that your body can respond positively because negative information can turn positive if we instill positive things in our minds. Because, basically it is our own problems that create them and we must also solve them by instilling positive values.

According to Rizki Setiawan with the journal title *Using the Tiktok Application in Forming Adolescents' Self-Concept in Pisangan Jaya Village, Tangerang Regency*. This research aims to examine more deeply the self-concept of teenagers using the TikTok application in Pisangan Jaya Village, Tangerang Regency by using Charles Horton Cooley's looking glass self theory with 3 indicators as an analytical tool to find out the self-concept picture of teenagers using the TikTok application. The type of research used is qualitative research with a descriptive approach. The research was conducted in Pisangan Jaya Village, Tangerang Regency using data collection techniques through observation, interviews and documentation. The criteria for selecting informants were key informants who were teenagers who were active users of the Tiktok application and supporting informants who were mothers, older siblings, and close friends or friends of the key informants. The results of this research show that, 1) there are 2 factors that shape the self-concept of teenagers who are active users of the TikTok application in Pisangan Jaya Village, Tangerang Regency. 2) the self-concept of teenagers who are active users of the TikTok application in Pisangan Jaya Village, Tangerang Regency is a positive self-concept, based on the findings, namely gaining fame by going viral on social media, satisfaction after receiving positive responses from other people, receiving praise appropriately, accepting criticism and open suggestions, and improve yourself in a better direction. According to Verra Aprillia Agustin, Yuriadi, S.Psi., MA with the journal title *The Importance of Self Love and Self Care for Mental Health Through Relaxation Meditation for Plato Foundation Survivors*. This research discusses that meditation is an effective way to improve physical and mental well-being. The problem that is often faced in carrying out meditation is a lack of knowledge and the right stages of meditation. This

research aims to determine the benefits of relaxation meditation for the importance of self-love and self-care. This study used descriptive qualitative method. The participants in this research were 10 out of 35 people using purposive sampling techniques in accordance with the research criteria. This research was conducted at the Plato Foundation, Menanggal, Surabaya using an interview guide. The results of this research show that relaxation meditation plays a very important role in self-love and self-care. Research has shown that meditation can help reduce stress, anxiety and depression, improve sleep quality, increase concentration and performance, and increase overall happiness and life satisfaction. Self love or loving yourself is a concept that is being widely discussed and campaigned for. Applying self-love can help maintain mental health and reduce the risk of psychological disorders (Rakhmat, 2007). Self care or caring about yourself is taking time to do things that help you live better and improve your physical and mental health. The interaction between these variables is very influential for mental health (Prijosaksono & Sembel, 2002).

The novelty of this research is that the researcher wants to analyze self-affirmation through meditation using the looking glass self theory by Charles Horton Cooley with 5 indicators, namely imagination of other people's perceptions, interpretation of other people's evaluations, emotional responses, self-adjustment, and internalization of perceptions. This theory aims to find out how individuals apply self-affirmation through meditation on past impacts and social responses as a self-reflection in building their self-concept, whether it is a positive self-image or vice versa (Begeny et al., 2023).

Research Methods

This research uses qualitative research. Qualitative research is research to explore and understand the meaning that a number of individuals or groups of people ascribe to social and humanitarian problems (Kusumastuti & Khoiron, 2019). More details Creswell (2014) explained that the process involves important steps such as formulating questions, collecting data from participants, analyzing data inductively from specific themes to general themes, and interpreting the meaning of the data collected. In this method the author uses a phenomenological study in which the researcher identifies the nature of human experience regarding a particular phenomenon (Adian, 2016). The main goal of phenomenology is to understand how self-affirmation through meditation can increase self-awareness and self-confidence (La Kahija, 2017). Phenomenology explains phenomena and the implications of conducting research on 5 informants with all gender criteria aged around 20-35 years and someone who has gone through their lowest point and is meditating (Farid & Sos, 2018).

The informants in this study were active participants in meditation, the following is the informant data:

Table 1. Informant Data

N o.	Name	Instagram account	Age	Profession	information
1.	Elsa	@elsewu	35 years old	Business	Member @pishiyoga
2.	Nathania	@nathaniamarlene	32 years	Worker office	Member @pishiyoga
3.	Virnica	@amandahape_	22 years	Announcer radio	Member @pishiyoga
4.	Mirna	@inahana_monogatari	26 years	Worker office	Member @pishiyoga
5.	Chindera	@chinderaaa	32 years	Yoga instructor, artist, dentist	Member @mealth.id

Source: Research results, 2024

Data collection techniques in this research include observation to understand individual interactions during meditation, interviews to explore the subject's experiences regarding difficulties and personal development during meditation, as well as documentation to monitor data related to the subject and their experiences in the resulting research process. This method is used to gain a deep understanding of self-affirmation through meditation in forming a self-concept towards individual self-awareness and self-confidence (Effendi, 2007).

Results and Discussion

Based on the results of interviews conducted by researchers, all informants were active in meditation. There are several discussions in the findings, as follows: Past Trauma and Impact, Self-Affirmation through Meditation, Self-Concept. Each discussion has sub-discussions which are developed in detail to answer the research. The purpose of this interview is to determine the effectiveness of self-affirmation through meditation in forming self-concept using the looking glass self theory which is described based on 5 indicators, namely imagination of other people's perceptions, interpretation of other people's evaluations, emotional responses, self-adjustment, and internalization of perception (Hani'ah, n.d.).

Past Trauma and Impact

According to the results of the interviews, the five informants had almost the same background with past trauma and the impact of the trauma that occurred influenced the informants' thought patterns and actions. First, in the case of informant Elsa, she had a trauma which resulted in her feeling at the lowest point in her life. He even blamed himself, was disappointed with himself, and had no confidence. This also has an impact on social views that consider him problematic and stressed.

The two informants, Nathania, were under pressure from interacting with their own family. Even though interaction is an important way to explore one's identity (Lestari, 2019). The pressure he received from his parents made him unconsciously become someone who could not express what was in his heart and thoughts, so he unconsciously vented his emotions on friends or people outside the family circle and they saw him as an angry person. Furthermore, informant Virnica was formed from an unpleasant social environment. In his childhood he received pressure from his parents so he felt alone. It was also considered bad by neighbors. As for informant Mirna, the trauma came from her own family and friends from her childhood. He has parents who are strict and overprotective, so he feels insecure and inadequate about himself. Meanwhile, bullying incidents during school made him a people pleaser and insecure. This causes him to always find it difficult to refuse other people's requests, easy to take advantage of, and not firm in his own choices. And finally, informant Chindera, he had experienced baby blues and kept it to himself during the pandemic so he experienced depression.

Self-Affirmation through Meditation

Self-affirmation through meditation can help informants to create a more positive mindset (Oseven, 2023). The following forms of meditation can be used for self-affirmation:

1. Mindfulness meditation: A meditation practice that focuses on awareness of current experiences, to develop a deep awareness of thoughts, feelings and body sensations objectively. For example "I let go of stress and open myself to peace and well-being", "I allow myself to experience calm in the midst of everything" "I feel peaceful in every breath"

2. Visualization Meditation: Creating a clear mental picture of a desired goal or state. calm or inspirational, often with the goal of relaxation or mental creation, while visualizing it and repeating affirmations related to that goal (Aksu & Ayar, 2023). For example: "I interact with positive and supportive people", "I can face challenges with calm and courage"
3. Metta meditation (Loving-Kindness Meditation): Build feelings of compassion and empathy towards yourself and repeat positive sentences. For example, "I accept myself completely", "I hope I am healthy and full of energy"

In this discussion the author digs deeper into the informant's life story after self-affirmation through meditation and how the past can influence each informant's affirmation. The first is the case of informant Elsa, previously she had consulted a psychologist and psychiatrist to help her recover from the trauma she faced. But it turns out that is not the best solution. In the end, he became interested in doing online meditation held by the Instagram account @pishiyoga, which at that time had started to open private meditations for friends who really needed a healing process.(Hape et al., 2023).



Picture 1 Vipassana Meditation Source: Instagram @elsewu

In the meditation process to achieve positive affirmations, informant Elsa views the phases of life as the moon.

“Sometimes a person's life can experience changes in awareness, experience and understanding. The changing moon reflects transformation and growth, as well as life undergoing a process of transformation from initial awareness to deeper depths.” (Interview with Elsa on June 27, 2024).

According to him, the influence of the past on the imagination of self-perception when doing self-affirmation through meditation is very influential. However, in the meditation process, informant Elsa learned about boundaries, so that she was not easily influenced by other people's views and opinions which could interfere with her affirmation process.

Informant Elsa has now succeeded in getting through her difficult times. After the long process of self-affirmation through meditation that he has carried out until now, he has become a person who can forgive and accept himself, is more open and confident, has a stance and is not easily carried away by other people's opinions. This can be seen on his

Instagram account which actively creates stories with positive content. Elsa talked about her positive affirmations which also had an impact on other people.

As one of Elsa's stories, she has a community Instagram account @instabpn where the community was formed to get new things, such as activities, new friends, and new knowledge. Currently, the focus of this account is creating video and photo content as well as promoting the places visited. From this community, informant Elsa actually found her true identity, who is happy, doesn't like challenges, and likes new things. Elsa made her community environment into a positive environment, so that her friend who almost committed suicide was finally saved by the community that Elsa formed. Next, informant Nathania, she did meditation at the encouragement of her sister, at first she thought she didn't have any problems. However, after the first process of participating in an online meditation entitled "I Forgive U" via @peace_sea_podcast, Nathania realized that she was not fine. Finally, he began to meditate regularly to gain self-awareness, assisted by instilling positive affirmations. From the self-awareness he gains, he knows what the main problem is and this is related to his past and social environment. The influence of the past certainly greatly influences the process of self-affirmation so that it can influence one's thinking patterns too. In the end, Nathania succeeded in throwing off the shackles of the past by changing her lifestyle to be able to accept herself and her surroundings more sincerely. Nathania knows that her changes are successful and is supported by her friends who say that she is a person who has positive vibes.

Then informant Virnica started meditating by chance until it became a routine. According to Virnica, the influence of the past has a big influence on the process of self-affirmation. The difference is, he can immediately feel and enjoy the process. This made him feel even more curious and explore himself more deeply through meditation.

"Many unpleasant pasts were shaped by the social environment. And when I do self-affirmations, it's about the inner child. The image appeared as a moment in my past and I could repair the pain from my imagination. Hugging myself imagines me smiling happily and in the form of continuous imagination like that, of course it will have an effect. "Interestingly, remembering the past and the present, I became aware of where and why I used to be like that." (Interview with Virnica on June 27, 2024)

Virnica said she got a positive label from her friend, namely a humble person, even though she herself didn't realize it. And it became clear from the interviews obtained that Virnica really values the Attitude aspect.

The fourth informant, namely Mirna, was motivated by her situation as a final year student during the Covid-19 era. The peak point of her stressful period was what prompted Mirna to take part in online meditation on the Instagram account @phisiyoga. The obstacle he has gone through is when past trauma came to him and made him imagine other people's views as bad, thus affecting his affirmation. This beginning made him determined to make himself more self-aware, in the sense that the self-affirmation he instilled was not to obey what the people around him wanted but for himself.

"To maintain a more academic tone. Where once you do it you will immediately get the results. So you have to do it regularly to feel the effects of meditation." (Interview with Mirna on July 30)

Impact Self-affirmation through this meditation, informant Mirna makes herself a person who is no longer someone who always pleases other people, she is more able to say 'no' to something that she cannot or cannot do. He believes that not making 100% of other people's views a reflection of himself because that will lock in the reflection of social responses. The aspect that Mirna values most is being trustworthy.

Lastly, Chindera's informant, at the point of his depression, started to meditate, but because he was currently in the Covid-19 period and he didn't have face-to-face meetings, he felt less impactful. Finally, Chindera met with a meditation teacher and was private for 3 months, supported by external support such as self-healing books which became a help

when he didn't have anyone to add self-affirmation. Chindera said that at first it was not easy to let go of the influence of the past or trauma when doing affirmations, especially when he was still at his lowest point, saying positive things was something that was denial, feeling unworthy. From there, Chindera felt the need to find support to get himself out of the zone. What Chindera likes most when doing affirmations in meditation is when he imagines that he is light. Currently, Chindera has become a figure who motivates many people with all his positive activities. His Instagram account @chinderaaa proves how active he is in sharing activities and positive quotes. His character is now seen as someone who is healthy, disciplined and has a positive vibe.

Formation of Self-Concept with Affirmations Through Meditation

Looking at the results of interviews with informants on the topic of self-affirmation through meditation, its effectiveness as seen by views and social responses as a reflection of the self, does it have an influence in forming self-concept? The five informants are informants who routinely carry out self-affirmation through meditation. The formation of these positive affirmations slowly forms a self-concept which they consciously shape to become better characters by realizing each other's bad and good things, so that they consciously know what they have to do. The five informants stated that the social views they received from society did not affect their self-concept. Most of the informants' principles have one thing in common, namely by placing limits on people who can interfere with the positive affirmation process so that it remains realistic and runs according to their values. The negative views towards the five informants did not have much impact and were responded to by individual responses with positive thinking to use as material for self-introspection. Basically, self-affirmation through meditation teaches them to remain self-aware. The informants also consciously carried out positive self-affirmations to be able to love themselves, which does not mean being selfish and not caring about the environment around them or anything like that.

Self-affirmation makes the self-concept of the five informants individuals who can adapt to conditions or situations in the social environment without having to change their self-concept. This is done in the hope of maintaining peace and preventing unwanted things. This research was taken from the perspective of informants who interpret themselves from the responses and responses of others. Next, this research will discuss the researcher's questions using Charlos Horton Cooley's Looking Glass Self theory, which explains how the views and interactions of other people can have an impact on how we see ourselves. In this theory, for Cooley, a person's self-concept is not only determined by their own internal views, but also by the reflection of the views of other people in society. Society plays an important role in shaping an individual's self-perception and identity. Next, an analysis of the 5 indicators in the Looking Glass Self theory will be displayed with the following findings:

Table 2 Analysis of Looking Glass Self Theory with Findings

Looking Glass Self Theory Indicator	Findings
We imagine how other people perceive us	After their success in carrying out self-affirmation, informants Elsa, Nathania, Virnica, Mirna and Chindera certainly found themselves imagining how society would view them. Regarding the trauma experienced by the five informants, this self-affirmation is a successful recovery from the trauma as wellupgradesself. Informant Elsa develops a self-concept that is open, confident, and really loves herself and can motivate people around her.

Informant Nathania imagines herself to be someone who cares about other people, can accept and overcome failure, respects others, and *positive vibes*.

Informant Virnica always has an imagination of other people's views of her whenever and wherever, she often imagines that she is a person who will show determination and the best effort, can respect each other, and *good attitude*.

As for informant Mirna, she imagined that other people's views of her were someone who was confident, a good listener, trustworthy and independent.

Finally, informant Chindera, expressed his imagination of the social view of himself as someone who is confident, has a positive vibe, is disciplined, and can motivate other people.

Of course, this self-concept is formed from the positive assessment they receive from the views of other people.

We interpret and evaluate other people's judgments about us

After doing self-affirmation through meditation, which is not done once or twice, they gain positive views and assessments from their interactions with other people. As an experience, Elsa has a healing community that uses space and content to help someone who almost commits suicide. This proves that Elsa's informant influences the environment or people around her in a positive way. This makes him a figure who can motivate the people around him.

Positive assessments also came to informants Nathania, Virnica, Mirna, and Chindera when interacting with the social environment. Informant Nathania who received praise or responses from friends around her who considered her to be a friendly person and not easily judge other people badly made her label her as someone with positive vibes.

Virnica's informant, received praise for the results of her hard work and social perspective that she was able to do anything well and was unknowingly labeled as a humble figure, from this it can be seen that Virnica really prioritizes a good attitude.

The informant, Mirna, received a positive assessment where she was considered independent because she was an overseas child. From her friends' point of view, Mirna is a comfortable and safe place to tell stories, so you could say she is a good listener, cares about her friends and is trustworthy.

Positive assessments were also directed at informant Chindera, the social view of him can be seen very

	clearly through his Instagram which has the impression of positive vibes, someone who is disciplined and skilled. Through the comments of his Instagram followers, most of them are constructive comments such as praise and other support.
Our emotional response to the judgments of others	Their emotional response to something positive is of course feeling happy, proud and appreciated so that it can increase their self-confidence. Even if they had a bad view of him, the five informants controlled themselves in almost the same way. By being silent but consciously digesting what is happening, but still respecting social views by not behaving impolitely or outside the norm. Continue to set limits on yourself to make this into positive thoughts in the context of self-introspection. From the analysis of this research, the author sees that positive views and assessments dominate
How we adjust to other people's perceptions	<p>The informants agreed that in a social environment, sometimes we have to adjust ourselves, even to other people's perceptions.</p> <p>One of Elsa's informants' opinions was that from the results of the interview, she rarely or did not adjust herself too much to other people's expectations. However, in certain circumstances he also needs to make adjustments.</p> <p>"If I adjust myself more to the situation I'm currently facing, in meditation it's like you're present in that moment, stay present, you know. So, if you are at a seminar, you should focus on listening to the seminar, not with your mind wandering. "So let our minds focus on the current thing," said Elsa in explaining her opinion regarding self-adjustment.</p> <p>In the interview, informant Mirna said, "It's called life, where we don't always follow our abilities. Like it or not, there is such a thing as having to compromise."</p> <p>This similarity also comes from Virnica who states that adjustments are necessary to achieve peace. During the interview it was concluded that other people's expectations would be in line with our expectations.</p> <p>Likewise, Sis Nathania, "I still use my own method, so there is an art to it too. For example, I take it from my job, doing my best. Even though I've never done it before and can't, I'll still try."</p> <p>There are also Chindera informants who understand self-adjustment from a different and interesting perspective, where we don't need to lose our authenticity just to adapt to the environment. But precisely by knowing what we want, what we like, and who we are, we will know what kind of</p>

environment suits us. But that doesn't mean that by knowing ourselves, we can fit into any environment.

"So, in my opinion, the importance of recognizing who we really are is so that we can also be in the right environment, so that when we can recognize ourselves, we can place ourselves anywhere according to our boundaries." Chindera's informant said.

How we adopt other people's views or assessments of us

The positive affirmations they instill during meditation are a form of self-healing and a process in forming their self-concept. In an effort to accept themselves, of course individuals need validation that will encourage them to remain confident and believe that you have become 'the way you are'. It was concluded from these five informants that they consciously and unconsciously had a self-concept that came from positive assessments of other people, because of course they would become more confident and proud of themselves. To deal with negative views from social media, it clearly brings feelings of anxiety, restlessness, disappointment, and lack of focus. But this will be used as a form of self-introspection.

Analyzing the research results, the five informants succeeded in developing self-affirmation through meditation in forming a self-concept using the Looking Glass Self Theory.

Source: personal

In this theory, individuals describe the process in which social reactions and evaluations from others not only influence the way individuals view themselves, but are also incorporated into their own identity. This shows how social interactions play a crucial role in the formation of an individual's self-concept and identity. If someone receives positive praise for their actions or accomplishments, they may feel happy, proud, or appreciated. On the other hand, if they receive criticism or rejection, they may feel sad, angry, or disappointed. This emotional response then contributes to the formation of an individual's feelings of self-worth or self-image. After analyzing the self-mirrors/self-reflections of the informants, it can be concluded that now all five have succeeded in interpreting self-affirmations through meditation in forming a positive self-concept. The negative views of other people do not have much influence on the formation of the self-concept they have built. It is concluded that the effectiveness of self-affirmation through meditation has been successfully carried out by the informants in forming self-concept.

Conclusion

It was concluded that in this study the five informants with a background of trauma, stress, and even depression due to the past succeeded in carrying out self-affirmation through meditation. If these five informants receive a bad or negative view, they can accept and respect social views by placing boundaries (set boundaries) on themselves with the aim of not being easily influenced by other people's views or opinions.(William, 2021). This self-affirmation through meditation has had a positive impact on the five informants, because until now the informants are seen as good and

positive so they can motivate the people in their environment. Self-affirmation through meditation really helped the five informants to recover and recover from a problem or even failure, so they could build a positive self-concept.

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