

ABSTRAK

YOHENDY

Program Studi Pendidikan Keagamaan Buddha (S2)

PENGARUH PEMBELAJARAN *ABHIDHAMMA* DAN *ĀNĀPĀÑASATI BHĀVANĀ* TERHADAP PENGENDALIAN DIRI (*SAMVARA*) *ĀBHIDHAMMIKA DHAMMAVIHĀRĪ BUDDHIST STUDIES JAKARTA*

Saat krisis pengendalian diri senantiasa terjadi ditengah masyarakat, peneliti menjumpai fenomena berbeda pada *ābhidhammikā* yang praktik *ānāpāṇasati bhāvanā*, mereka terampil dalam pengendalian diri. Peneliti sangat tertarik untuk mengetahui faktor yang mempengaruhi, dengan menguji adanya pengaruh pembelajaran *abhidhamma* terhadap pengendalian diri (*samvara*) *ābhidhammika*., adanya pengaruh *ānāpāṇasati bhāvanā* terhadap pengendalian diri (*samvara*) *ābhidhammika*, dan adanya pengaruh pembelajaran *abhidhamma* dan *ānāpāṇasati bhāvanā* secara bersama-sama terhadap pengendalian diri (*samvara*) *ābhidhammika*.

Penelitian ini menggunakan metode kuantitatif yang meneliti populasi atau sampel tertentu. Sampel penelitian ditentukan dengan teknik *simple random sampling*. Desain penelitian yang digunakan adalah desain penelitian survei. Instrumen penelitian dikembangkan dari variabel terikat yaitu variabel pengendalian diri (*samvara*), dan variabel bebas yaitu variabel pembelajaran *abhidhamma* dan variabel *ānāpāṇasati bhāvanā*. Teknik pengumpulan data dengan menggunakan kuesioner yang diberikan kepada sampel penelitian, Teknik analisis data dan uji hipotesis dengan menggunakan bantuan statistik.

Hasil penelitian menunjukkan pembelajaran *abhidhamma* dengan nilai koefisien regresi 0,47 dan *ānāpāṇasati bhāvanā* dengan nilai koefisien regresi 0,93 berpengaruh positif dan signifikan baik secara parsial atau simultan (nilai $F_{hitung} > F_{tabel} = 64,746 > 3,11$) terhadap pengendalian diri (*samvara*) *ābhidhammika*. Penelitian ini dapat dilanjutkan dan dikembangkan antara lain dengan cara memperluas subjek dan objek penelitian.

Kata kunci: pembelajaran *abhidhamma*, *ānāpāṇasati bhāvanā*, pengendalian diri (*samvara*).

ABSTRACT

YOHENDY

Buddhist Religious Education Study Program (S2)

THE EFFECT OF *ABHIDHAMMA* AND *ĀNĀPĀÑASATI BHĀVANĀ* LEARNING ON SELF-CONTROL (*SAMVARA*) *ĀBHIDHAMMIKA* DHAMMAVIHĀRĪ BUDDHIST STUDIES JAKARTA

When the crisis of self-control always occurs in society, researchers encounter a different phenomenon in *ābhidhammikā* who practice *ānāpāṇasati bhāvanā*, they are skilled in self-control. Researchers are very interested in knowing the influencing factors, by examining the effect of *abhidhamma* learning on *ābhidhammika* self-control (*saṃvara*), the influence of *ānāpāṇasati bhāvanā* on self-control (*saṃvara*) *ābhidhammika*, and the influence of *abhidhamma* and *ānāpāṇasati bhāvanā* learning together self (*saṃvara*) *ābhidhammika*.

This study uses a quantitative method that examines a particular population or sample. The research sample was determined by simple random sampling technique. The research design used is a survey research design. The research instrument was developed from the dependent variable, namely the self-control (*saṃvara*) variable, and the independent variable, namely the *abhidhamma* learning variable and the *ānāpāṇasati bhāvanā* variable. Data collection techniques using a questionnaire given to the research sample, data analysis techniques and hypothesis testing using statistical assistance.

The results showed that *abhidhamma* learning with a regression coefficient of 0.47 and *ānāpāṇasati bhāvanā* with a regression coefficient of 0.93 had a positive and significant effect either partially or simultaneously ($F_{count} > F_{table} = 64.746 > 3.11$) on self-control (*saṃvara*) *ābhidhammika*. This research can be continued and developed, among others, by expanding the subject and object of research.

Keywords: *abhidhamma* learning, *ānāpāṇasati bhāvanā*, self-control (*saṃvara*).