

Psychological Well-Being Dynamics of Catholic Pastors in Surabaya

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Being a pastor is a challenging life calling, not only in terms of duties and responsibilities, but also due to the lifestyle “demands”. On a personal level, a pastor is an individual who still needs to take care of their own welfare as well as being cared for. The current study is a qualitative research that aims to understand the psychological well-being dynamics of pastors. There are two informants in this study. Results showed that factors supporting the psychological well-being of the two pastors are self-determination, skill and positive values acquired from the seminary, adaptive coping strategies, and social support.

Keywords: psychological well-being, pastor, self-determination, coping, social support

Menjadi seorang pastor adalah sebuah panggilan hidup yang penuh tantangan, bukan hanya dari sisi tugas atau tanggung jawab yang dimilikinya, namun juga dari “tuntutan” gaya hidup yang harus dijalannya. Secara pribadi, seorang pastor tetaplah individu yang perlu memerhatikan/diperhatikan kesejahteraannya. Penelitian ini merupakan penelitian kualitatif yang bertujuan memperoleh pemahaman mendalam tentang dinamika kesejahteraan psikologi (*psychological well-being*) pada para pastor. Informan dalam penelitian ini berjumlah dua orang. Hasil penelitian mengungkap bahwa unsur-unsur yang mendukung pencapaian kesejahteraan psikologi pada diri para pastor adalah determinasi diri kedua pastor informan, keterampilan dan nilai positif yang diperoleh di seminar dan mendukung mereka saat menjadi pastor, strategi penanggulangan (*coping*) yang adaptif, dan dukungan sosial yang dimiliki.

Kata kunci: kesejahteraan psikologi, pastor, determinasi diri, penanggulangan, dukungan sosial

Being a pastor is a profession that is known by the public as a religious leader in a Catholic church. As a pastor, the main duty is to give out sacraments to the people. Such sacraments cannot be done by those who are not ordained as a pastor. Aside for sacramental services, there are other duties such as being a church or organizational administrator, lecturer, counselor, or leaders in prayer. In some events, pastors are often the first choice of people to consult or ask advice from for personal or family matters (Weaver, Larson, Flannelly, Stapleton, & Koenig, 2002).

For the pastor monk, they have to utter the vows of poverty, obedience, and purity before becoming a pastor. The vows of poverty were uttered during the ordaining ceremony to help them maintain a simple, non-hedonistic lifestyle. From the vow of obedience,

a pastor is required to abandon his ego to be obedient to rules or congregation constitution, as well as superiors (congregation leaders or bishop). From the purity vow, they are determined to pursue holiness and devote their entire life to God and the people without being bound to marriage or family. These vows distinguish the life of a pastor from the life of people in general.

The urban lifestyle is identical with progress and luxury as seen by complete facilities, shopping centers and entertainment that are ever-growing, the highly varying socioeconomic status of the people, and social problems that become increasingly complex. The life of pastors in Surabaya cannot be separated from the urban context that will affect aspects of their own life as well. Aside from being related with their lifestyle, the higher complexity of problems faced by city dwellers requires pastors to administer more attention for those problems.

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