ABSTRAK

M Fahri Chaerul Akbar (1221020039), Tahun 2026, "ADAPTASI FRATER BARU TERHADAP ATURAN KEHIDUPAN DI FERMENTUM MAJOR SEMINARY CICENDO KOTA BANDUNG"

Penelitian ini mengkaji proses adaptasi frater baru terhadap aturan kehidupan di Fermentum Major Seminary Cicendo Kota Bandung. Masa transisi dari seminari menengah menuju seminari tinggi merupakan periode kehidupan yang sarat dengan perubahan ritme hidup, kompleksitas aturan, serta keberagaman komunitas yang jauh lebih tinggi dibandingkan jenjang formasi sebelumnya, sehingga adaptasi menjadi tahap krusial bagi keberlangsungan panggilan hidup calon imam. Penelitian ini menggunakan pendekatan psikologi agama dengan metode kualitatif jenis penelitian lapangan (field research), data dikumpulkan melalui observasi nonpartisipan dan wawancara mendalam terhadap tujuh informan (empat frater tingkat satu, dua frater tingkat tiga, satu Rektor selaku formator), serta dokumentasi. Data dianalisis dengan model reduksi data, penyajian data, dan penarikan kesimpulan dari Miles dan Huberman, berlandaskan teori penyesuaian diri Alexander A. Schneiders (faktor psikogenik-sosiopsikogenik; karakteristik penyesuaian diri yang baik: penerimaan realitas, internalisasi nilai-norma, hubungan sosial harmonis). Temuan penelitian menunjukkan tiga hal utama. Pertama, adaptasi frater baru berlangsung bertahap: diawali disekuilibrium (ambivalensi emosi, kerinduan keluarga), berlanjut pergulatan menghadapi aturan tersulit, hingga bermuara pada strategi personal menuju keselarasan baru. Kedua, adaptasi dipengaruhi faktor internal (motivasi, pengalaman belajar, kematangan emosional, konsep diri, sikap-nilai) dan faktor eksternal (keluarga, komunitas, pembinaan formator, dukungan kakak angkatan, norma komunitas) yang bekerja resiprokal. Ketiga, adaptasi dimaknai sebagai sarana internalisasi nilai dan pembentukan identitas religius, fondasi kelanjutan panggilan hidup frater baru menuju imamat. Temuan ini memperlihatkan kesesuaian data lapangan dengan teori Schneiders, karena adaptasi frater baru terbukti berlangsung sebagai penyesuaian diri yang menyeluruh

Kata Kunci: Frater Baru, Penyesuaian Diri, Adaptasi, Fermentum Major Seminary, Identitas Religius

ABSTRACT

M Fahri Chaerul Akbar (1221020039), Tahun 2026, "ADAPTASI FRATER BARU TERHADAP ATURAN KEHIDUPAN DI FERMENTUM MAJOR SEMINARY CICENDO KOTA BANDUNG"

This study examines the adjustment process of new frater (seminarians) to the rules of life at Fermentum Major Seminary in Cicendo, Bandung City. The transition from a minor seminary to a major seminary is marked by significant changes in daily rhythm, rule complexity, and community diversity compared to the previous stage of formation, making adjustment a crucial stage for the continuity of a candidate priest's vocation. This study uses a religious psychology approach with a qualitative field research method. Data were collected through nonparticipant observation and in-depth interviews with seven informants (four first-year frater, two third-year frater, one Rector serving as formator), and documentation. Data were analyzed using the data reduction, data presentation, and conclusion drawing model from Miles and Huberman, based on Alexander A. Schneiders' theory of self-adjustment (psychogenic-sociopsychogenic factors; characteristics of good adjustment: acceptance of reality, internalization of values-norms, harmonious social relationships). The findings show three main things. First, the adjustment of new frater unfolds gradually: beginning with disequilibrium (ambivalent emotions, homesickness), continuing through struggles with the most challenging rules, and culminating in personal strategies that bring about a new state of harmony. Second, adjustment is shaped by internal factors (motivation, prior learning experience, emotional maturity, self-concept, attitudes-values) and external factors (family, community, formator guidance, senior peer support, community norms) that operate reciprocally. Third, adjustment is understood as a means of value internalization and religious identity formation, the foundation for the new frater's vocation toward the priesthood. These findings demonstrate the alignment between field data and Schneiders' theory, as new frater adjustment proves to be a comprehensive self-adjustment process, simultaneously involving personal and communal dimensions.

Keywords: New Frater, Self-Adjusment, Adaption, Fermentum Major Semnary, Religious Identity.

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