

ABSTRAK

Ali Rahman: Konsep Kebahagiaan Menurut Jean Paul Sartre

Kebahagiaan merupakan salah satu tema abadi dalam filsafat yang telah mendapat perhatian mendalam sejak zaman kuno. Para filsuf, dari Aristoteles hingga pemikir modern, telah mencoba menguraikan berbagai aspek kebahagiaan, mengaitkannya dengan kepuasan hidup, kebajikan, kesenangan, dan pemenuhan diri. Namun, dalam pandangan eksistensialis seperti Jean-Paul Sartre, kebahagiaan tidak dipandang sebagai pencapaian tetap atau kondisi yang stabil, melainkan sebagai proses berkelanjutan yang terkait erat dengan kebebasan, tanggung jawab, dan ketidakpastian eksistensial. Penelitian ini mengeksplorasi konsep kebahagiaan menurut Jean-Paul Sartre, yang melihat kebahagiaan tidak sebagai pencapaian tetapi sebagai proses aktif penciptaan makna dalam menghadapi ketidakpastian hidup.

Jenis penelitian ini dilakukan dengan menggunakan pendekatan kualitatif penelitian kepustakaan, dengan metode deskriptif-heuristik. Penelitian ini berfokus pada persoalan: Apa konsep kebahagiaan menurut Jean-Paul Sartre? Bagaimana kebahagiaan dipahami dalam kerangka filsafat eksistensialis Sartre? Bagaimana konsep kebahagiaan Sartre dapat diterapkan dalam kehidupan sehari-hari? Sumber data primer yang digunakan dalam penelitian ini adalah karya Sartre, sedangkan data sekunder berasal dari buku, artikel, majalah, dan hasil riset yang berkaitan dengan masalah utama penelitian.

Dalam penelitian ini analisis yang digunakan adalah filsafat eksistensialis secara umum, kita melihat bahwa eksistensialisme menekankan pada pengalaman subjektif dan kebebasan individu. Eksistensialisme, yang sering dikaitkan dengan pencarian makna dalam kondisi eksistensial manusia, termasuk perasaan kecemasan, kebebasan, dan kesendirian.

Jean-Paul Sartre menghubungkan kebahagiaan dengan kebebasan dan tanggung jawab pribadi, menganggap manusia dilahirkan tanpa esensi yang ditentukan dan harus membentuk identitas mereka sendiri melalui pilihan. Kebahagiaan bagi Sartre bukan kondisi yang dicapai dengan mudah, tetapi adalah proses berkelanjutan dari penciptaan makna dalam menghadapi ketidakpastian dan kontradiksi kehidupan. Kebahagiaan sejati tercapai dengan menerima dan memanfaatkan kebebasan ini untuk hidup secara autentik dan berintegritas.

Kata Kunci: Eksistensialisme, Kebahagiaan, Jean Paul Sartre

ABSTRACT

Ali Rahman: *The Concept of Happiness According to Jean Paul Sartre*

Happiness is one of the perennial themes in philosophy that has received deep attention since ancient times. Philosophers, from Aristotle to modern thinkers, have tried to elaborate on various aspects of happiness, linking it to life satisfaction, virtue, pleasure, and self-fulfillment. However, in the view of existentialists such as Jean-Paul Sartre, happiness is not seen as a fixed achievement or a stable condition, but rather as an ongoing process that is closely related to freedom, responsibility, and existential uncertainty. This research explores the concept of happiness according to Jean-Paul Sartre, who sees happiness not as an achievement but as an active process of meaning creation in the face of life's uncertainties.

This type of research is conducted using a qualitative library research approach, with a descriptive-heuristic method. The research revolves around the question: What is the concept of happiness according to Jean-Paul Sartre? How is happiness understood within the framework of Sartre's existentialist philosophy? How can Sartre's concept of happiness be applied in everyday life? Primary data sources used in this research are Sartre's works and secondary data derived from books, articles, magazines, research results related to the main research problem.

In this research, the analysis used is existentialist philosophy in general, we see that existentialism emphasizes subjective experience and individual freedom. Existentialism, which is often associated with the search for meaning in human existential conditions, includes feelings of anxiety, freedom, and solitude.

Jean-Paul Sartre links happiness with freedom and personal responsibility, considering humans to be born without a determined essence and must form their own identity through choice. Happiness for Sartre is not a condition achieved easily, but is an ongoing process of meaning creation in the face of life's uncertainties and contradictions. True happiness is achieved by accepting and utilizing this freedom to live authentically and with integrity.

Keywords: *Existentialism, Happiness, Jean Paul Sartre*



‘After all that we have said, it is worth considering whether, if we immediately demand a propositional explanation of the highest idea, we proceed in a truly Platonic way. If we ask in this way, we are already deviating from the path of authentic enquiry. However, the enquiry into the idea of the good generally proceeds along this wrong path. One immediately wants to know what the good is, just as one wants to know the shortest route to the market. The idea of the good cannot be interrogated in a way that is not understood at all. It is therefore not surprising that through this way of questioning we do not get an answer, that is, if our claim to the clarity of this notion of the good, as something to be measured in terms of our own powerful self-evidence, is from the outset flatly rejected. Here we realise - how often - that the question also has its own level.’

— **Martin Heidegger, *The Essence of Truth: On Plato's Cave Allegory and Theaetetus***