

## **Transcendental Communication as A Form of Self-Healing in The Millennial Generation**

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### **ABSTRACT**

Humans living in this world cannot be separated from life's problems and trials, which cause emotional wounds and trauma. A healing process or self-healing is needed to eliminate feelings of stress and even depression. Healing is a term used by the millennial generation today. Transcendental communication, where we communicate with God through worship, can be a way of healing to relieve stress and depression for millennials. This research aims to determine the process of transcendental communication as a form of self-healing in the millennial generation. The research method used is a qualitative approach. Data collection techniques are FGD, observation, and in-depth interviews with informants/participants as primary data. Meanwhile, secondary data uses literature studies sourced from journals, e-books/books, and documents. This research shows that by worshiping and praying to Allah SWT, surrendering all life's problems to Him alone can make the heart and mind calm and clear.

**Keywords:** Transcendental Communication; Self-Healing; Millennial Generation

### **INTRODUCTION**

Humans living in this world cannot be separated from problems in any form, whether family, financial, health, etc. Mental issues usually come from trauma or

emotional wounds due to painful events. Life tests are part of the journey of human life in this world because life tests can shape people into stronger individuals. As humans who believe in Allah SWT, we must believe that every test that comes in life is with permission from Allah SWT and that there is wisdom and learning that we can take behind it all. Everyone responds and overcomes life's problems in different ways. It includes efforts to forgive and heal one's soul or mentality. Healing is a psychological term that means the healing process of someone who has experienced a traumatic experience to heal their inner wounds. Healing is needed by people who experience stress and depression. Healing is also a term often used by millennials today. Forms or methods that can be used for healing include meditation, visiting a psychologist and psychiatrist, etc. For some people, the healing process can be done by praying to Allah SWT, and they believe that all tests come from Allah SWT and leave everything to Him. Praying is part of transcendental communication. In the discipline of Communication Science, it explains that this form of self-approach to the Almighty Creator is called Transcendental Communication.

Transcendental communication is communication that is carried out or occurs between humans and God. So, the participants in metaphysical communication are God and humans. It is a term that communication experts have not studied much because of its abstract and transcendent nature. Even though this transcendental communication is the least talked about, according to Deddy Mulyana, this communication is the most important thing for humans because the success of humans in having a relationship with God determines their fate in this world and the afterlife. One of the human relationships with God or transcendental communication is prayer. Praying is a ritual that exists in every religion. According to Toshihiko, prayer is all human efforts to have a verbal relationship with God through language signs and other language symbols. A person prays intending to convey hopes and desires to God. Prayer can also mean asking for help and can be called worship. Muslims usually communicate with Allah SWT by praying after the prayer service. Pray to employ dhikr and then pray in our language to convey gratitude, praise, and complaints to Allah SWT for our life problems. It follows the word of Allah SWT, which is extensively believed by Muslims: "And your Rabb said: "Pray to Me, I will surely grant it to you.

Praying by pouring out our hearts to Allah SWT and surrendering all life's problems to the owner of this life will make the heart feel spacious, relieved, and light. Humans will feel more vital in life if they have closeness to the creator. Allah SWT says in the holy book Al-Quran: "Indeed, it is only to Allah that I complain of my troubles and sadness." This research intends to discover how the process of transcendental communication becomes healing for the millennial generation so that it can motivate society to get closer to God Almighty.

## **LITERATURE REVIEW**

### **Communication Studies**

In their lives, humans are always involved in communication activities. Humans might die or feel ostracized if they cannot communicate with the world around them. Therefore, communication is a human action born with full awareness; even actively, humans deliberately give birth to it because they have a particular purpose or goal.

Communication is essential in human life, and communication can occur in every human step. Humans are social creatures who depend on each other and are independent and interrelated with other people in their environment. The only tool to communicate with other people in the background is verbal and non-verbal communication (body language and gestures that many ethnic groups understand).

According to Harold D. Lasswell, Communication basically, namely:  
A process that explains who says what, with what channel, to whom, with what effect, or what result (Who Says what, In which track, To whom, With what effect). (Mulyana, 2007, p. 69).

The communication function, according to Judy C. Pearson and Paul E. Nelson, as quoted in Deddy Mulyana's book entitled *Communication Science as an Introduction*, is:

1. For our survival, which includes physical safety, increasing personal awareness, presenting ourselves to others, and achieving personal ambitions.
2. For the survival of society, precisely to improve social relations and develop the existence of a community.

### **Transcendental Communication**

Communication that involves humans and their God is often called transcendental communication. Humans are social creatures who cannot stand alone; they need other people to maintain their existence. Humans must build horizontal relationships. Transcendental communication is with other humans and vertical with God. This relationship will bring an individual to become a complete human being. In the review of the book *Capita Selektta Communications* written by Ujang Saefullah, it is also stated that transcendental communication is a new term in communication that communication experts have yet to study much because it is abstract and transcendent. Transcendental communication occurs between ourselves and something supernatural, which could be God, an angel, a genie, or a devil. Understanding transcendental communication naturally can be traced through Islamic philosophy.

According to Deddy Mulyana, although this form of communication is the least talked about, this form of communication is the most important for humans because

humans' success in doing so not only determines their fate in this world but also in the afterlife. Whether or not humans succeed in connecting with God or how they can occupy heaven in perpetuity depends on the strategic approach they take.

### **Transcendental Communication Process**

The process that goes through during the worship ritual is part of communication, which is called the transcendental communication process. Human communication with God is a process that needs to be studied in more depth to be realized concretely in the form of a comprehensive explanation of this communication. Ninety-nine Asmaul Husna attributes of Allah SWT. is a communication sent by Allah SWT. to the spirit in the womb at four months of gestation with the most profound process of human conscience, human nature/human purity, human awareness of the universal conscience that underlies human spiritual communication with Allah SWT. It is understanding the concept of spiritual communication, which includes intellectual, emotional, and spiritual aspects.

- a) Intellectual Quotient (IQ) is communication through channeling the heart to the voice of the Spiritual Quotient to the nature of God to obtain the ultimate Truth.
- b) Emotional Quotient (EQ) is communicated through the Eye to Intellectual Quotient channel process with the logic of getting a concrete explanation.
- c) Spiritual Quotient (SQ) is communication through the ear process to the Emotional Quotient mentality through the environment to achieve mental success.

The combination of IQ, EQ, and SQ processes can achieve spiritual and transcendental success in an effective communication process, according to the will of Allah SWT. Humans and nature are a communication process.

### **Self Healing**

*Self-healing* is one method that has received quite a lot of attention because it is thought to help someone control emotions and anger (Chan et al., 2013; Crane & Ward, 2016). Self-healing is closely related to confidence because self-context is important in motivating a person's self-confidence. Besides that, Self-healing is also related to intrapersonal communication because there is an internal dialogue process that occurs within the self's own space. The development of self-healing training can vary. Some practices sometimes include additional elements such as a spiritual side, cleansing the soul, physical movement, self-defense, etc. In the Indonesian context, the pencak silat tradition is a culture and martial art with self-healing elements in the training process. The current literature has not studied much about the role of self-healing training in helping control emotions among adolescents, especially through a combination of psychological and physical training simultaneously.

Therefore, by taking the setting of pencak silat training research managed by the Nahdlatul Ulama Pencak Silat Association (IPSNU) Pagar Nusa in Jombang, this research examines the effect of self-healing training (with a combination of psychological and physical training) on students' ability to control emotions. The hypothesis of this study shows that self-healing training positively impacts students' ability to control emotions. The hypothesis of this study shows that self-healing training positively impacts students' ability to control emotions.

### **Millennial Generation**

According to Yuswohady in the Millennial Trends article (2016), the Millennial Generation was born between the early 1980s and 2000s. This generation is often called Gen-Y, Net Generation, Generation WE, Boomerang Generation, Peter Pan Generation, etc. They are called the millennial generation because they are the generation that lived at the turn of the millennium. Based on research results from Lancaster & Stillman (2002), Generation Y is known as the millennial generation or millennials. Generation Y began to be used in major American newspaper editorials in August 1993. This generation uses a lot of instant communication technology such as email, SMS, instant messaging, and social media such as Facebook, Twitter, Instagram, and others; in other words, generation Y is the generation that grew up in the booming internet era. Based on this definition, the millennial generation was born between 1980-2000 when there was rapid technological progress. If we look at the age group, the millennial generation is around 15-34 years old. Based on the literature from the Hitss.com article, it is known that there are several characteristics of the millennial generation, namely:

1. Millennials trust user-generated content (UGC) more than unidirectional information,
2. Millennials prefer mobile phones to TV,
3. Millennials must have social media,
4. Millennials do not like reading conventionally,
5. Millennials tend to be disloyal but work effectively,
6. Millennials tend to make cashless transactions,
7. Millennials know more about technology than their parents,
8. Millennials utilize technology and information,
9. Millennials tend to be more lazy and consumptive, and so on

## **METHOD**

### **Design and Sample**

Qualitative research methods are interpretive research which involves many methods to examine the researcher's problem where the things being studied are in the environment, based on the meaning that people give to them (Deddy, 2018: 7).

### **Instrument and Procedure**

Researchers use primary data and secondary data in collecting data. Primary data was obtained from FGDs, in-depth interviews, and observations. The secondary data uses literature studies sourced from journals, e-books/books, and documents.

### **Data Analysis**

The data analysis technique uses the Miles & Huberman Interactive Model, consisting of data reduction, data presentation, and conclusions/verification.

## **RESULT AND DISCUSSION**

Transcendental Communication Processes as a form of self-healing in the millennial generation, namely:

### **1. Prayer Worship**

Transcendental communication carried out through prayer is a form of self-healing for the millennial generation. -1 (1-1) A 25-year-old private employee at a mining company who experienced stress and almost even depression due to the toxic environment in his office. The boss in his office is quite an authoritarian leader who constantly pressures his employees. (1-1) feels very stressed, but what can I do? (1-1) really needs this job. (1-1) is a person who is quite devout in worship, so when (1-1) is stressed about office matters, he always takes ablution water and performs prayers. It is as stated by (1-1):

*"My boss is a very fierce person, he is too authoritarian and if he wants to rebuke or get angry he doesn't filter it first. Always give him a deadline for work, sometimes he gets tight and if he doesn't complete it he can get angry. When I'm really tired, I immediately take ablution and pray to freshen my mind. Yes, I'm just grateful, it's still better to have a job than being unemployed, even though my boss is annoying."*

### **2. Pray to Allah SWT after prayer.**

Transcendental communication carried out through prayer has become a form of self-healing for the millennial generation. -2 (1-2) is a 28-year-old private sector employee who works in a company in the banking sector where she experiences stress and emotional pain due to the toxic relationship she is experiencing. (2-1) has just finished experiencing a toxic relationship where his ex-girlfriend was a very temperamental person who liked to shout, insult him with animal language, threaten him, and also spent his savings (2-1) for a year. Character (2-1), who is relatively calm and does not like to make a fuss, was taken advantage of by her abusive ex-boyfriend. (2-1) felt very depressed in this toxic relationship, but (2-1) did not dare to confide in anyone because he did not want to bother other people. Finally, an event made (2-1) break up with his girlfriend. After breaking up (2-1), his heart and mind were open to the fact that he had been hurt all this time because, during their relationship, his ex-lover (2-1) was always manipulative. (1-2) feel stressed and traumatized by these emotional wounds but cannot do anything about it. (2-1) is a person who is quite devout in worship, and he prefers to pray to Allah SWT as mental therapy. Because he believes that Allah SWT is the best place to complain,

as (2-1) says: (1-2) feel very stressed and traumatized by these emotional wounds but cannot do anything about it. (2-1) is a person who is quite devout in worship, and he prefers to pray to Allah SWT as mental therapy. Because he believes that Allah SWT is the best place to complain, as (2-1) says: (1-2) feel very stressed and traumatized by these emotional wounds but cannot do anything about it. (2-1) is a person who is quite devout in worship, and he prefers to pray to Allah SWT as mental therapy. Because he believes that Allah SWT is the best place to complain, as (2-1) says:

*"After I broke up with my ex, I was really traumatized and really hurt. I have feelings of resentment, annoyance and anger but I can't express it because I hide all this from family and friends. Every night before going to bed I always cry in bed remembering all the things he did to me but I haven't had time to respond to his treatment. I chose to pray after praying as much as I could with Allah because I remembered that in the lecture of the ustad he said that Allah loves it when we complain, confide in, and complain about HIM. Finally, every time after Isha prayer or tahajjud prayer I always pray and cry to Allah for almost 45 minutes, I confide in it like a small child confides in his mother. Almost every night I do that and Masha Allah, I am very relieved, my heart is slowly getting lighter. The prayer only lasts for 10 minutes, but praying afterwards for almost an hour is like real mental therapy and can heal emotional wounds too. Every night before going to bed I prepare a conducive atmosphere in my room with the air conditioner on, then when I'm done and clean, I take a shower so I can pray for a long time and it's really enjoyable. It is true that Allah is the best helper and place to complain."*

Based on the two experiences above, transcendental communication has a vital role in the healing process for the millennial generation. Worshiping Allah as the God who created us is a panacea for people experiencing problems. It is by what is stated in the holy book of the Koran: "O you who believe, make patience and prayer your help. Indeed, Allah is with those who are patient" (QS. Al Baqarah: 153)." Prayer is an obligatory act of worship for a Muslim, performed five times a day. By praying, we can communicate with Allah SWT to create a feeling of calm and peace. Besides that, praying after prayer is an effective tool for healing emotional wounds. Praying after prayer by venting our complaints to Allah, telling Allah about all its problems, and asking for help only from Him can be a healing process.

All events in this world occur according to the will and permission of Allah SWT. We should surrender ourselves to Allah by surrendering all the problems of our lives to HIM. Worshiping Allah will make our hearts and minds calm because we are sure that Allah SWT will help us; this is following Allah's words: "Allah is sufficient (to be a helper) for us, and He is the best protector." (QS Ali 'Imran, 3:173) and there is not the slightest doubt about this.

## **CONCLUSION**

Communication should not always be with men, worship as solid and prayer is an example of communication to the almighty god. By worshipping the Lord will make the heart tranquil, this may include becoming a form of self healing for the millennial generation. Life's problems that cause trauma and pain are unavoidable in this life. But by communicating transcendental communication like prayer worship, returning all to the Lord almighty will make the heart even greater. Since we as humans are in desperate need of god forever in this life, it is always appropriate to return everything to the one and only god.

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