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# Inner Healing Concept and its Application in Higher Education

*by Putri Anggreni*

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**INTERNATIONAL SEMINAR**  
**“THE CONCEPT OF HEALING IN RELIGION, CULTURE,  
HEALTH SCIENCES AND THE ECONOMICAL PROSPECTIVE”**

**PROCEEDINGS**

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## PREFACE FROM CHAIRMAN OF EDITORIAL COMMITTEE

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The Proceedings of International Seminar on 'The Concept of Healing in Religion, Culture, Health Sciences and the Economical Prospective' hosted by Hindu Indonesia University that was held on June 10, 2017, at Campus of Hindu Indonesia University, Denpasar, Bali, consist of 5 articles presented by keynote speakers in plenary session, and 28 articles presented by invited speakers in parallel sessions. A number of 4 full papers from keynote speakers and 26 full papers from invited speakers were submitted by authors for inclusion in the proceedings.

Yashwant Pathak (a keynote speaker, from University of South Florida, USA) presented an article that covers the application of Nanotechnology in delivery Ayurvedic Drugs such as Curcumin in various chronic diseases. Curcumin (a major ingredient in Turmeric) has excellent antioxidant activity. Several studies have reported its application in the treatment of cancer, Alzheimer's diseases and other neurodegenerative diseases. The major problem faced by using Curcumin is its large dose and very less absorption when given systemically. To overcome this problem, nanotechnology has been used and many reports have shown the application of Nano Curcumin with better absorption and it can also help in reducing the dose levels. He also discussed the economic impact of adopting the modern technology for delivery of Ayurvedic and herbal drugs and benefits to humanity at large.

'The contribution of Balinese traditional healing on the sustainable development of Bali' has been presented by Nyoman Adiputra (a keynote speaker, from Udayana University, Denpasar). He reported that the existence of tradition healing in Bali is a factual thing. It is a part of Balinese culture, and its potential due to the three factors, such as the written-unwritten sources of knowledge, providers and the consumers. The tradition knowledge mainly written on the palm leaf, consist of the philosophy, religion, cosmology, calendar, anatomy, physiology, patho-physiology, pharmacopeia, and clinical textbooks. There is no formal schooling process of teaching to become a traditional healer. Practical aspect is based on observation and doing on the self acquired knowledge processing. Everything is done through a process of initiation ceremony. By doing that, the Balinese traditional healer is guaranteed, a professional one. The positive contribution of Balinese traditional healing on sustainable development of Bali is the Balinese traditional healers always do the right thing and do the thing right.

Abhishek Joshi (a keynote speaker, Chair of Ayurveda-University of Hindu Indonesia, from India) has presented an article concerning the concept of healing in Ayurveda-time tested ancient wisdom of medicine. He mentioned that Ayurveda is the ancient science of healing that has been benefiting mankind since immemorial age. This medicinal science is time tested and scientific. The concept of personalized medicine is explained under the topic of the *Tridosha* (three bio-energy) theory explained in Ayurveda philosophy. The distinctive concept of treatment in Ayurveda as explained in *Trividha Chikitsa* (three modes of treatment principles) explained its universal applicability. Even the principles and application of herbal medicines as mentioned in the ancient textbooks of Ayurveda holds true with the scientific parameters of modern era.

Lahaina Sue C. Azarcon (a keynote speaker, from Quirino State University, Philippines) has presented an article entitled 'The Past is Alive in the Present: Folk Healing Practices among the Filipinos'. She mentioned that the Philippines is endowed with rich culture manifested in its systems of beliefs, rituals and practices. This paper is about the healing practices of the Filipinos, it includes discussions on folk healing system and treatments associated to ritual practices in Filipino cultural context. It specifically highlights the major folk healing beliefs and practices of the *arbularyo* or folk healers. At present, many Filipinos both in the urban and rural communities adhere to the combination of modern medicine and folk healing in treatments for illnesses.

The papers presented by invited speakers (28 papers) in parallel sessions, has been categorized in 5 specialized topics, including: Concept of Healing in Religion, Concept of Healing in Culture, Concept of Healing in Health Sciences, Concept of Healing in Education, and Concept of Healing in Economy.

We would like to thank 30 of the speakers (contributors) for their respective contributions made to the proceedings to its completion.

Denpasar, July 17, 2017  
Chairman of Editorial Committee,

**Prof. Ir. I Wayan Redi Aryanta, M.Sc., Ph.D**

## REMARKS FROM RECTOR

*Om Swastiastu,*

The International Seminar on 'The Concept of Healing in Religion, Culture, Health Sciences and the Economical Prospective' hosted by Hindu Indonesia University was held on June 10, 2017, at Campus of Hindu Indonesia University, Denpasar Bali.

A total of 33 articles consisted of 5 articles from keynote speakers and 28 articles from invited speakers were presented in the seminar.

The greatest academic interest discussed in this forum was about the healing, especially healing based on religion, culture, health sciences and economical prospective. Through this seminar, we enriched and expanded the available information on the concept of healing among particular societies in the world.

As the host, we consider that the attendance of participants and speakers to this seminar, both from inside and outside Indonesia clearly illustrated multi culture nuances. These nuances attract us to enter again the 'atmosphere' of healing subjects in the world as the focus of our attention.

The various types of experiences in the field of healing that the participants have in academic sharing, both in field and exploration of theoretical experiences, was clearly discussed during a one day seminar. Therefore, the next step is to investigate the mystery of subjects in this vast area, which will become additional topics to complete and enhance new academic meaning of healing concept in the world.

A number of 4 keynote speakers and 26 invited speakers submitted their full papers for publication in the proceedings. We thank all of them for their constructive contributions.

*Om Shanti, Shanti, Shanti, Om*

Denpasar, July 17, 2017  
Rector of Hindu Indonesia University,

**Dr. Ida Bagus Dharmika, MA**

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## INNER HEALING CONCEPT AND ITS APPLICATION IN HIGHER EDUCATION

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University of Mahendradatta

### Abstract

Optimism is an important attitude for every student, to be strong and creative in facing the competition and life challenge. Moreover, the challenge of students in the future is getting bigger. Not just physical and material challenges, but also psychic challenges to be faced with emotional and intellectual abilities. Good emotion is required for students to have an optimistic attitude or confidence in their ability to overcome obstacles. How to show the attitude does not give up, abstinence, and not easily discouraged when faced with difficulties. An optimistic attitude will help the student to stay focused on reaching the goal. In addition, optimistic help students adapt to the environment that could be difficult. An optimistic student is regarded as a person with good self-esteem and self-concept because he is able to accept his shortcomings and use his strength to find alternative solutions to various obstacles that confront him in college.

**Keywords:** inner healing, optimistic, college.

### INTRODUCTION

Education is the foundation and hope of parents and the community in the intellectual life of the nation. Higher education is one of the highest levels of education after secondary education, which includes (diploma programs, undergraduate programs, master programs, doctoral programs, professional programs, and specialist programs) held by private universities or state universities (PTN). Based on the culture of the Indonesian nation, so it has an important role in developing the quality of human resources (HR).

In the era of globalization, information, and interdependence as it has been, is, and will take place. The role of universities is very important in developing human resources to achieve the desired goals and optimism of the future desired by each individual in facing various problems and demands that occur in the development of the era in this era of globalization.

When student enrollment has been opened, they are determined to take courses in college. So they have a sense of optimism for the future high towards the chosen majors. However, as the course progresses, there are still many emerging issues that may hinder future optimism and their learning motivation.

(Putri Anggreni)

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Optimism is not a basic characteristic that is brought from birth, but is learned and shaped from the environment. Students begin to grow an optimistic attitude by learning as well as interacting with parents, lecturers and the people closest.

The first four years of college life are considered important times in the formation of this optimistic attitude.

Some students do tend to be more difficult to help than other students. Therefore, before trying to provide assistance to students, the first thing to do is to find the cause, why the potential students can not be fully explored.

Emotional problems relate to changes in circumstances or situations in the household due to the death of a close family member, divorce or a traumatized event. Students become desperate because of certain diseases that healing takes a long time. Emotional problems like these should be handled with care. Or if in doubt, can ask the help of psychologists or academic advisors on campus.

Some students do not even know where to go and what college does. They lose motivation or do not feel what the benefits of college. Explaining about a career or type of work in the community might help. They do not have to make firm decisions about what to do next. They are quite aware, that education is to achieve certain goals or to be able to work in certain areas.

One effective way that parents reuse is punishing children for bad grades. In this case, it should be completely separated between campus problems and family conflicts. It could be that the child gets a bad score because there is a conflict in the family. If this is the case, do not punish the child. Instead consult with an educational expert or psychologist.

It's hard to lead a student who can not feel what it's worth to do well. Students who are ostracized by their parents prefer to listen to advice and advice of their friends in learning rather than being ruled by their parents.

The most effective action is to invite students to take the goals they want to achieve in the future and focus only on the subjects they like. Implant and develop a sense of confidence and highlight the ability of students. Sometimes, students may be forced to move to another college, to avoid the bad influence of his friends.

Students see and observe us constantly. For example, apart from parents, professors like it or not. The good news we can teach him by doing. Practice to think more optimistic. If the student is successful, do not think it is not important with modest humility, but give yourself credit for a job well done. If it happens better, do not exaggerate and consider it a disaster.

## **DISCUSSION**

According to Harris (2012), parents can make children affected by "spell bad attitude" projected through the eyes of parents and seen by the child. So if we consider our child rebels will be a rebellious child in every word of his parents.

That is why, as a parent, must be careful in assessing the attitudes and abilities of children. Moreover, children are part of the community. In the future, they will play a role in the development of life of nation, state, and even world. Therefore, the establishment of a child is very important to note.

The term optimism in a foreign language is often referred to as optimism by Scheier and Carver (in Rottinghaus et al, 2005) in the form of images of feelings or expectations that something good will happen in the future.

Optimism is concerned with the picture of the future to be achieved. Individuals who have future optimism tend to have a description of the goals can be a target that can be achieved so that the individual makes a real effort in achieving the desired goals (Valentino, 2007).

According to Shapiro (in Nurtjahjanti & Ika, 2011) future optimism is a tendency to look at things in terms of good condition and expect the most rewarding results.

McCann (in Putrianti, 2007) explains that optimism about the future is a psychological force that causes a person to have a common hope that they will gain success through hard work.

While Seligman (in Suharsono, et al, 2004) says that what is meant by future optimism is the individual belief that bad events or failures are only temporary, do not affect all activities and not necessarily self-caused but can be situations, fate or others.

Reinforced by Seligman (in Kasmayanti, 2012) explains that individuals who are optimistic about the future assume that adverse events are temporary and can be addressed, specifically, and externally. Aspects that affect future optimism according to Ubaydillah (2007), divided into 3 (three) namely: 1) Cognitive Aspects; Effective Aspect; And Connective Aspects.

<sup>6</sup> Motivation is a psychological process that reflects the interaction between attitudes, needs, perceptions, and decisions that occur in a person (Fadli, 2011).

Meanwhile, according to Suryabrata (2004),<sup>5</sup> motivation is a state contained within a person who encourages him to perform certain activities in order to achieve a goal.

Winkel (in Chrisnawati, 2007) says that learning motivation plays an important role in providing passion or enthusiasm for learning.

According Dariyo (2004),<sup>5</sup> that motivation is the motivation of a person to learn something to achieve a goal. A person will have a high motivation to learn when he realized and understand the goals to be achieved in the future. When a person understands his ideals well, then he will be encouraged to become more active in learning.

According to Dalyono (in Wijaya, 2013) strong weakness<sup>4</sup> of one's learning motivation also influence the success of learning.

<sup>3</sup> Student learning motivation is the impulse that arises in a person consciously or unconsciously to perform actions with a specific purpose, and effort that can cause a particular person or group moved to do something because want to achieve goals (in Kholifudin, 2011).

(Putri Anggreni)

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The aspects that can influence the learning motivation according to Uno (2008) & Hamzah (in Adriani, 2011) are 2 (two) things: 1) Intrinsic Aspects (the desire and desire succeed, the drive and the need for learning, And future goals); 2) Extrinsic Aspects (awards in learning, interesting activities in learning, and a conducive learning environment).

### Demoralize Current Students

The modern era is characterized by various changes in society. This change is caused by several factors, namely: the development of science and technology (science and technology), human mental, technique and its use in society, communication and transportation, urbanization, changes of hope and demand. All of these have mutual influence and have mutual consequences in society, and this is what then leads to a change of society.

This change leads to a change of mentality (moral). In particular, among the younger generation (in this case students) has seen a shift in values and trends on certain aspects. Unfortunately, the modern era is only marked by the hedonistic lifestyle (worldliness) and the glamour culture (just for having fun). The moral behavior of the younger generation has exceeded the limits of the norm. Portrait of opaque young generation today: drunk, thuggery, free sex, brawl between students, involved drugs, and so forth. This condition is called demoralization, which is the process of moral moral destruction of the young generation.

There has been a shift in the value of life of some students from studying and working to enjoy life and enjoy the work. In other words the lack of internalization of Tri Dharma Higher Education among students. Consequently, students prefer to protest demands that governments abandon policies that are perceived as detrimental to society rather than work to overcome challenges that could be useful to the people.

Creative and moral students should have more sensitivity in the form of real and direct action as a form of community service.

In the world of moral college has never been socialized to students formally or enter into the course specifically. Substantial morals in MPK are personality development courses including Pancasila Education, Civic Education and Religious Education. This tends to make students less understand the importance of morality in their academic life and as an application in society later.

### Students In Addressing the Influence of Globalization

Globalization is one of the great challenges that must be faced by the Indonesian nation, not least by students throughout Indonesia. Speaking of globalization, our minds must be focused on information and communication technologies sourced from science.

Agent social of change or agent of social of control, so far very good attached to student. The title is given to the student for his service and sacrifice in the struggle to respond behind all forms of public anxiety that come from the ruling elite.

We can not deny that globalization leads the students to living conditions under the shadow of apathy, individualism, materialism, and global hedonism. Rarely do students try to think about the issue of democracy, religion, or how the concept of advancing the nation in this era of globalization. They prefer to be invited to have fun for a moment's personal interest, such as recreational activities. Thus, the hedonist, individualist, and so on mentality must be changed to the identity of students who have high ideals. If contemplated, Indonesian students must equip with the science of religion because the planting of religious values and morality becomes the basis of the formation of morality of the nation. And it certainly can ward off the negative effects of globalization. In addition, students must be critical and should be faced directly on the issues of democracy. In this era of globalization, students will face severe challenges. Competition will not only happen with domestic graduates, but also with abroad. Globalization demands quality human resources. Actually, globalization for students is a process to reach maturity and realize themselves as students who are able to compete in the era of the times. Therefore, a student must be an intelligent person, critical, dynamic, and empathetic in the face of competition in this era of globalization. That is a student who is able to use his mind well, not easily believe in a truth, able to put himself in various situations and conditions, and students who always pay attention to others. Be a student who can be a figure that can be emulated by other students.

### **Formation of Student Character**

The formation of a student is strongly influenced by the environmental conditions in which he grows and develops. Home in the family sense, is the main place that most determine the basic shape and character of a child.

The atmosphere, harmony and nurture felt by the child become the foundation in the mental and soul formation of a child, whether the child will be strong, weak, independent, tough, sportive, and so forth.

In this case, the parents are responsible for determining the direction of a child's life. Then the next place is the school / campus which is the "second home" for the child, where the child gets most of the lessons and life experiences.

This is where children generally find their true identity when they jump in the midst of a wider society, and here too they discover the "world" that will forge and hone their skills toward a further phase of life.

Currently character education is a major issue <sup>11</sup> in the world of education, not least in the scope of universities. In addition to being part of the process of moral formation of students as a nation, character education is expected to be the success of the nation's civilization.

With the establishment of a good character it will open the way for students when plunge into the world of work. Because the global world today demands professional workforce and has a special character. As a student special characters such as creative, responsive, and responsible must be owned.

(Putri Anggreni)

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The demands of independence make students have no control from outside parties. To create self-control against the influence of negative characters that may affect the basic character of students, it is necessary education about the formation of characters on campus.

Students as individuals should carry their own character. A student should have a character like not easily give up, respect others, be honest, polite, empathetic, sensitive to the environment and have a strong leadership spirit and understated. With the provision of further character education is expected to create a workforce of personality and have superior competitiveness in the world of work. From the side of the nation's pride, the formation of a characterized society is expected to encourage parallels with other developed and developed nations.

## CONCLUSION

The student challenge in the future is getting bigger. Not just physical and material challenges, but also psychic challenges that must be faced with emotional and intellectual abilities. Good emotion is required for the child to have an optimistic attitude or belief in the ability to overcome obstacles. How to show the attitude does not give up, abstinence, and not easily discouraged when faced with difficulties.

The presence of this optimistic attitude to stay focused on efforts to achieve goals. So the student does not drop out (DO) lecture in the middle of his journey or stop for achievement.

In addition, optimism will help students to more easily adapt to the environment that could be difficult. An optimistic person is regarded as a person with good self-esteem and self-concept because he is able to accept his shortcomings and use his strength to find alternative solutions to the various obstacles.

Education is the place where students work. The essence of education is to form a whole person. Wholly means not behaving like an animal, in other words behaving according to the mind and conscience. Behaving according to reason, mind and conscience means based on moral values. It requires moral education that specifically refers to the soft skills of the students as the basis for academic behavior.

Implementation of appropriate solutions to overcome the demoralization of students is the establishment of religious values so as to cultivate faith in each religion, providing sufficient knowledge as a reference in action, and the last is the experience of students who have high work ethos in order to work for the community.

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