

A STUDY OF SELF-ESTEEM EXPERIMENT THROUGH MEDITATION WRITING

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ABSTRACT

The objective of the research was to study the experience of self-esteem through Meditation Writing. Applying the research methodology of Heuristic research by scoping the time frame for Meditation Writing and Participant Observation at least 90 days. Conduct of the Meditation was planned by writing at least 4 times per week and at least 12 minutes in each Meditation Writing. Then the journal of Meditation Writing was gathered and Participant Observation was conducted before and after during the research and was finalized into the research. During the period of conducting the research, there was the moment that the research stepped away from those experiences which happened naturally following this study.

The research found that conducting Writing Meditation boosts self-esteem which is a good self-improvement competency and hoped to help others to improve themselves as well. Also, **this study helped** the researcher to catch the **thoughts and emotions**. **It also led** to guide to see how comparing himself with others can be viewed in different dimensions which is a chance to improve himself. **This study introduced** to apply the research methodology of Phenomenology. **In-depth interview with person who has Meditation Writing experience was also conducted and related issues about self-esteem to collect data, comments and experiences.**

KEY WORDS: MEDITATION WRITING / SELF_ESTEEM / HEURISTIC RESEARCH

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