



Romanticizing Life and Self Love between Phenomenon and Reality

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ABSTRACT

This form of romanticizing life aims so that we as weak humans can balance all the good and bad things that happen in our lives and that we can accept them well. This research uses qualitative methods with data collection techniques of observation, interviews, documentation and literature study using Sigmund Freud's communication psychology theory. This research was conducted to find out what methods are often used to romanticize each person's version of life. Based on the research conducted, it can be concluded that one form of romanticizing life can be done by carrying out positive creative activities such as bucket workshops. Through this activity they can express and give appreciation to themselves by creating work according to their own choice.

INTRODUCTION

Humans are creatures created by Allah SWT who are responsible and created with divine characteristics. Abdul Qosim, 2018 in the journal (Sami'uddin 2019). The human soul describes the quality of life, Aristotle means that humans can live because humans have a soul because the soul is the thing that gives life to humans and describes the quality of human life in Fancher (Erik 2008).

Life in today's civilization is felt to be increasingly difficult and seems cruel, making everyone try to fight harder and never give up to conquer it (Nietzsche, 1998). Along the way, humans must face many good and bad things which are usually called life problems. Many people, especially Gen Z, experience mental disorders, one of which is caused by bullying. Bullying can be caused by them seeking attention from other people. (Aghnia, et al 2020). Facing life's problems certainly makes people able to do various things because of negative experiences that make us feel anxious, stressed, depressed, stressed so that we see life as more scary. For this reason, humans need to recognize forms of self-love that can start from simple things like what we see in current trends on social media.

Many active users use social media as a medium for personal or business information, which is dominated by Gen Z because it contains interesting features and content that brings change in terms of attitudes, behavior and language. (Faradita et al, 2023). One of the content presented is about Romanticizing Life content, where this content contains video footage of someone carrying out simple activities but can look more meaningful when we can look at it from the perspective of the art of life that we have.



Figure 1. Example of Romanticizing Life Content (Source: Tiktok Application)

As seen in Figure 1. This content is a form of someone loving themselves and making that moment a form of romanticizing life. We can encounter all of this every day through our social media and can cause different reactions from individuals who see it. The form of self-love for each individual is certainly different, but in essence, according to Kasasar B in the journal *Codependency: Evaluation in terms of depression, the need for social approval and self-love/self-efficacy*, loving yourself means respecting yourself by being able to do things it supports physical, psychological and spiritual development as well as being compassionate towards yourself, the efforts you make that make you feel happy. (Firdika, 2023). Loving yourself has a contemporary term that is now known by many people, the term is self love. Self-love is also an important part

of self-esteem and self-confidence, so it can reduce the risk of students developing mental health problems such as depression, anxiety and perfectionism. This can also increase optimism and help reduce stress, especially in facing life's challenges. (Azarah et al., s.d.). Self love is something that looks simple to implement but can also be difficult if we don't know how to interpret self love itself. There are many ways to cultivate self-love in ourselves, one of which is an interesting phenomenon in implementing self-love at the moment, namely the phenomenon of romanticizing life. Romanticizing Life is a form where someone can see their life as more meaningful by appreciating and enjoying the simple moments they do and can make them more meaningful.

In the General Guidelines for Forming Terms (PUP) the bound form of a foreign language can be directly absorbed by the word that follows it. So based on its origin, the word romanticisation or romanticization in English has the root word romantic with the use of the suffix -isation or -ization. This suffix means the process, action, or result of something. The word romanticization itself is a term to explain the beauty of something, show a deep impression, and tell stories about various things that touch the heart. Romanticizing in Indonesian means Romanticization, this word has the meaning of depicting something so that it looks more attractive or better than its actual condition.

Romanticization of life is a term for how we interpret our own lives. Individuals are faced with inevitable involvement in the process of creating meaning in their lives and are expected to live their lives authentically, in accordance with their chosen values. The search for the meaning of life becomes a continuous journey, where individuals are faced with choices that require deep consideration and reflection. consequences of the choices made. One of the phenomena of Romanticizing life is currently being highlighted in the onslaught of social media because they immortalize this form of romanticization through short videos uploaded to a social media platform. Therefore, researchers are interested in this phenomenon and realize that it is important for us to increase their understanding of the impact of romanticizing life by using the concept of Self love and being able to find out the extent of this romanticizing life phenomenon in real life.

LITERATURE REVIEW

In the article entitled Romanticism - Definition, History and figures and examples written by Gamal Thabroni, the flow of romanticism first appeared in the 18th century in Western Europe. The term Romanticism was first used in Germany in the late 1700s by art critics August and Friedrich Schlegel. (Gamal, T. 2019). The history of the emergence of romanticism was influenced by the arrival of the industrial revolution which began to abandon the natural world and was destructive towards the environment. Many artists reject industrialization practices that pay little attention to their negative impacts on nature. This form of Romanticism is also a meaningful way to give meaning to our lives. As time goes by and the times develop, at the end of 2023 there will be a phenomenon of romanticizing life which will become a highlight for people, especially on social media. This phenomenon can arise due to unpleasant life

anxieties, especially those within oneself and those around us. From this phenomenon, content creators emerged who created content related to self-development to content on romanticizing life activities. This shows that romanticizing life has an influence on our individuals. According to Frankl in the journal *Psychological Studies of the Meaning of Life*, he said that if someone does not fight for the meaning of life, they will experience an empty existence or "meaninglessness". If this condition is prolonged, it can cause "noogenic neurosis", a condition characterized by symptoms of boredom and apathy. (Sumanto, 2006).

The journals used as references in this research are: (1) Kasasar B, 2021, *Condependency: An Evaluation in Terms of Depression, Need For Social Approval and Self Love/Self-Efficacy*, qualitative descriptive, Codependency correlates with depression, need for approval social, self-love and self-efficacy. (2) Basaria, Debora et al, 2022, *Application of self-love as part of preventing teenagers from displaying negative behavior in the environment*, qualitative methods, SWOT analysis, self-love is something important in life. (3) Firdika, et al 2023, *Social comparison relationship with self love in adolescents and the implications of guidance and counseling*, quantitative, social comparison there is a relationship between social comparison and adolescent self-love. (4) Faradita, et al 2023, *Formation Of Self-Identity Of Generation Z Through Instagram Social Media Amongst Students*, qualitative, post positivism philosophical theory, self-identity id is greatly influenced by the experience and motivation of each individual and each individual has different experiences and motivations different. (5) Aghnia, et al, *Counseling on Bullying Behavior through Social Media for Students*, qualitatively, bullying behavior among all students at SMA Negeri 8 Cirebon City, is good, almost no one has ever done bullying.

Something that can be witnessed by the five senses and can be assessed and explained scientifically is one definition of a phenomenon. In short, phenomena can be explained as facts found in the field. Prof. Dr. Buchari Lapau, dr, MPH and Freddy Rangkuti in the journal *Behind the Facts and Myths of the Super Blue "Blood" Moon Phenomenon*. (Surtiana, 2018). Phenomenology or phenomenology examines and investigates an interesting event experienced by an individual, a group of individuals, or a group of living creatures and is part of the research subject's life experience. Moleong in the journal (Abdul, 2023).

Communication Psychology is a science that attempts to describe predicting and controlling mental events and behavior in communication. It can also be said that communication psychology is a science that studies human consciousness and experience. Gorge A. Miller, Jalaludin Rakhmat in the *Journal of Communication Psychology* (Surtiana, 2018). Romanticization of life is a term that describes how we tend to be more comfortable and happy in enjoying life. The romanticization of life also describes our benchmark for achieving happiness. Romanticization leads us to be aware of the little things that lead to happiness and satisfaction. The idea is that the romanticization of life implies a message that everyone can find a way to shape their own happiness. (Eva, 2024). Self love is an attitude of kindness towards oneself that can be learned and last a lifetime. If we have instilled self-love in each of us, we will consciously try to

understand ourselves and be able to accept our shortcomings and be willing to care for ourselves so that healthy relationships can be formed. (Henschke and Sedlemeier 2021 in the journal *The Importance of Self Love and How to Implement It Within Yourself*. (Nadia Elsa, 2022).

METHODOLOGY

In this research, researchers used qualitative methods using the phenomenological paradigm. Qualitative methods describe phenomena based on the informants' points of view, discover diverse realities and develop a holistic understanding of a phenomenon. Phenomenology is an approach to understanding and studying human life experiences. The general focus of this research is to examine/examine the essence or structure of experience in human consciousness. Hilal, Alabri and Tuffour in the journal (Helaludin 2018). One of the data collection techniques used in this research is conducting observations by observing the process of informants while participating in flower bucket workshop activities, then interviews are conducted with informants through direct interaction by asking questions that lead to their version of Romanticizing Life as informants. The informants from this research are generation Z who are active in playing social media and know about Romanticizing Life content with 1 person being male and 10 people being female. The theory used in this research is Sigmund Freud's psychoanalytic theory which states that there are three sub-systems that influence human behavior, namely the Id, human personality based on impulses from the instinct center, Ego which is the human condition that moves based on the principle of rationality and the last is human personality based on culture/ norms/experiences called the Super Ego.

RESEARCH RESULT AND DISCUSSION

The author carried out the Flower Bucket workshop which was held on February 17 2024 at Doea Toedjoh Coffee starting at 15.00 to 17.00. This activity was attended by 10 women and 1 man starting from the Gen Y and Gen Z age ranges.



Gambar.2 Kegiatan Workshop Flower Bucket

The reason we took Generation Z is because they dominate the Romanticizing Life phenomenon on social media. This activity begins by relaxing yourself first with calming songs, for example songs from Kunto Aji - rest, Tulus - self, Nadin Amizah - growing up. At the beginning of the activity, participants were directed to chat and get to know each participant so they could build new relationships. then they started to assemble and make buckets guided by the researcher. Researchers analyzed the interactions that occurred and the things that participants did during the activity process. They look very calm, focused, occasionally talking and laughing, cheerful, happy. Then, one of the goals in this research is that researchers find conditions where among those who document themselves while taking part in this workshop, there are conditions where informants self-consciously document their activities. This shows that the phenomenon of Romanticizing life has spread widely among Gen Z and this workshop activity has an impact on the growth of self-love. After all participants succeeded in assembling their respective buckets, we conducted interviews by discussing with each other as an unwritten form and filling in their opinions via the form provided as a form of written interview, the results of which were activities related to self-love and romanticizing life. The activity closed with a sharing session and group photos. The sharing session tells about today's activities and tells stories about their life experiences accompanied by relaxing music.

Based on the results of interviews that we obtained from the research we conducted, there were statements from informants that referred to a theory, namely the psychoanalyst theory expressed by Sigmund Freud. Where Sigmund Freud said that humans are controlled by the desires hidden within themselves, which states that human behavior is the result of the interaction of three sub-systems in the human personality itself, namely the Id, Ego and Superego which interact and conflict with each other. . (Makarim, 2023) The following is the explanation:

The Id is the instinctive human personality and is a strong structure of the personality because the Id is also part of the unconscious driven by the biological side of the instinct center which moves based on achieving pleasure, tends to be egoistic, immoral, and avoids dissatisfaction so that the Id does not have the readiness to accept reality as a way of The only way to fulfill his needs is by reflex action based on his needs. There are life instincts that include things that bring pleasure, including mother's love, worship of God and self-love. (Freud, in Communication Psychology 2022) An example of this Id behavior is when participants have feelings or desires to take part in a flower bucket workshop because without realizing it they feel aware that they need to do it with the aim of having fun and growing self-love in each other . This is also in line with the informant's statement which stated that learning new things was one way to grow self-love (Anis, 2024).

The ego is a mediator between desires and realistic demands, which operates based on rational principles and has a tendency to be more alert to reality. The ego tends to work with reason so that there is awareness of decision making. The ego does not prevent the Id from being satisfied, it only delays and directs the conditions desired by reality. As can be seen from this activity, of the 11 participants who attended there were 2 people who failed to attend due to several reasons. This is where the ego works, the 2 participants are driven by the ego to direct themselves towards decisions taken based on the reality that occurs.

The super ego is the conscience within humans which is the internalization of social and cultural norms that we learned as children. This side is learned when we are 5-6 years old and consists of the teachings of the rules handed down by our parents. Our view of what is good and bad. Passing the punishment and praise received during life, the output of which is that in adulthood, self-control can be controlled by ourselves. There is an informant's statement which states "Accept whatever is already within us, whether it is good or bad because these two things are interrelated and there is no need to make it disappear, because that is identity" (Fahrul, 2024). This statement illustrates that the informant controls and controls himself. The super ego forces the ego to suppress subconscious desires, like this super ego is a police officer in the human personality. From Sigmund Freud's theory, this has something to do with how we as humans can control ourselves by having three elements that interact with each other within us to be able to do something, especially by doing positive things as a form of love for ourselves. This is in line with the evidence from the interview results answered by the informant who said "Positive activities such as the Bucket Workshop make it one of the things to express myself, especially as an interesting moment to romanticize myself" (Tami, 2024). "Live calmly, peacefully, and don't feel insecure, usually praise yourself like "You are doing well for today neplin". I consider these small things a form of self-appreciation too." (Nevlin, 2024) Informants feel more confident by expressing themselves in the form of capturing every moment they take. As for other forms of self-romanticization apart from attending workshops, they depend on several simple activities such as:

Me time

According to the informants, me time is an activity of taking time for themselves and filling it with things they like. They do or do these activities alone without being accompanied by anyone. This aims to enable them to replenish their own energy so that their condition is better. This Me time activity leads to a form of ID where there is an unconscious, instinctive form of doing it. For example, there is an urge to see the sunset under the city lights after coming home from work, even though you are tired, but this has an impact on your satisfaction or enjoyment. Another thing is just sitting in a coffee shop to read a book, pampering yourself by taking care of yourself, and so on.

Watching self improvement videos/films.

According to the informants, watching a video is one of the strengths for us to continue to feel that life is lighter, because we feel that this burden is not the only one we feel, especially in the Tiktok application where there are many videos about self-love with Each has its own form, so there are many benefits including the impact of watching the video. Including videos about romanticizing life. This activity leads to Ego, where there is awareness of the need for mental health intake in oneself.

Exercising

One of the things apart from doing creative activities, exercising is also still an option as a form of self-love because apart from maintaining one's own health, exercising is also something that can relax us physically after activities. This is in the form of Superego because exercising such as jogging, yoga and other forms of exercise requires the intention to do it, so if someone does it well and regularly it is a sign that someone can choose good and bad things. He knows that exercise is a good thing for health and can be done regularly.

Learn new things

According to them, the flower bucket workshop activity that was carried out was a good new thing to learn because life will always move forward and of course many things will happen and be challenging in the future, so we have to be able to know many things. This refers to the form of Id because of instinctive awareness and also to move our minds to be able to learn new things. Therefore, creative activities such as this workshop can be an activity choice to carry out in implementing a romanticizing life.

Silence

According to the informant, sometimes when they feel tired of living their life that revolves around the same rotation, they feel bored with the cycle of their life and choose to romanticize it by staying in their favorite room like in their room all day and not doing anything and even sleeping in silence. Because according to them, doing nothing is also a form of romanticizing life. This shows the form of the Id because remaining silent is a reflex action that can be done because it comes from one's instincts. The phenomenon of romanticizing life shows how a person can make peace with himself by documenting certain activities where these activities are a form of appreciation or a form of love for oneself and are packaged into short videos and uploaded to social media as a form of supporting this phenomenon. In this flower bucket workshop activity, it shows how reality occurs in the phenomenon of romanticizing life. This can be shown by the reactions of the informants when attending the workshop, both verbally and in action.

CONCLUSIONS AND RECOMMENDATIONS

The phenomenon of Romanticizing Life is one of the things that has a good impact on people who are not feeling well. Based on the discussion above, referring to the results of the flower bucket workshop activities, there are real phenomena and realities. The reality is shown by the informant's actions in documenting themselves when the activity was going on by itself without direct instructions and the informant's statement with this very natural concept is also the goal or result of this research. You can romanticize your life with anyone, but most of it is done with your loved ones and closest people, such as your partner, friends or family. However, there are quite a few who do it alone. This phenomenon of romanticizing life can also be used as an art in living life that we must pay attention to to make life more meaningful and still enjoy living life. Because romanticizing life makes us someone who can learn how to see and pursue the small moments that occur.

Like Sigmund Freud's theory above, humans have three things within themselves that can influence them in acting, including the Id as the first element as the strongest structure to move instincts but only relies on hope, the Ego as a mediator between desires and reality, then the super The ego can control ourselves to be able to sort out the good things and the bad things so that various informant answers are obtained to be able to romanticize their lives in many ways according to their respective forms of love for themselves.

ADVANCED RESEARCH

Still conducting further research to find out more about Romanticizing Life and Self Love between Phenomenon and Reality.

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