

Creating Coherence: Lessons from Bali on Achieving a Coherent Life Through Service

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Abstract : This research paper explores the psychological concept of coherence and wellbeing. In particular, we focus on the relationship between individual well-being and community development. The focus setting for the research is Bali, Indonesia. The major finding of our research is: a coherent life can be achieved through living a life motivated by service to others, which contributes to community development and wellbeing. Coherence occurs when values are consistent with one's thoughts, words, and actions. According to Antonovsky's salutogenic theory, a sense of coherence is significant to psychological well-being. The ability to cope with life's stressors is based on how comprehensive, manageable, and meaningful one's sense of coherence is. The methodology for the research draws on an ethnographic approach with particular attention to participant observation and in-depth interviews within the context of village and family life in Bali. The research highlights Viktor Frankl's ideas on self-actualization that is achieved through a life of service to others. The research also focuses on the individual's ability to shift their perspective in the face of adversity, which contributes to individual development. Through personal transformation, one can be committed to serving others, which in the end, is the foundation of a coherent life and community development.

Keywords : psychology, bali, coherence, well-being, sociology

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