

# Phenomenological Approach

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## Abstract:

The phenomenological approach is a research method that emphasizes an in-depth understanding of individuals' subjective experiences of a phenomenon or event. This approach focuses on expressing and interpreting the meaning of direct experiences as perceived by individuals, in order to gain a richer understanding of personal interpretations and the essence of human experience. The paper provides an overview of the phenomenological perspective, including key concepts such as phenomena, epoche, constitution, consciousness, and reduction. It discusses how phenomenology was pioneered by philosophers like Edmund Husserl, who emphasized the importance of understanding the meaning of individual experience rather than relying on hypotheses or axioms. Phenomenology is presented as occupying a middle ground between realism and idealism, acknowledging that the world and its contents are real, while also recognizing that reality emerges through an active process in consciousness. The goal of phenomenological research is to descriptively explain and understand the essence of subjective human experiences and the structures of meaning that arise from them.

*Keywords* —Put your keywords here, keywords are separated by comma.

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## INTRODUCTION

The phenomenological approach is a research method that emphasizes an in-depth understanding of individuals' subjective experiences of a phenomenon or event. Edmund Husserl was one of the first figures who founded this research method, which influenced 20th century philosophy in a profound way, leading to the discovery of the analysis of the intentional structure of mental actions and how this structure is directed towards real and ideal objects. For Husserl, phenomenology is the science (logos) of what appears (phenomena). Thus, the phenomenological approach focuses on expressing and interpreting the meaning of direct experiences experienced by individuals. In essence, the phenomenological approach invites us to see the world from an individual's perspective, delve into their understanding of reality, and explore the meanings that emerge from their interactions with the world around them. This approach digs deeper beyond what is

physically visible, leading to a richer understanding of the personal interpretations attached to a phenomena. In research, phenomenology promotes a descriptive approach and in-depth analysis of qualitative data, often involving in-depth interviews or direct observation. Phenomenological researchers try to create space for research participants to express their experiences freely without being bound by previous concepts or theories. The main aim of phenomenological research is to explain, describe, and understand the essence of subjective experience and identify patterns or structures of meaning that emerge from data. The phenomenological approach is not just about observing symptoms but rather exploring a deep understanding of the meaning and comprehension contained in human experience. Phenomenological research therefore has the potential to make important contributions to expand our understanding of the diversity and complexity of human experience. By following in

the footsteps of the philosophy of phenomenology, scientific research presents a humanistic perspective in understanding human reality.

## **LITERATURE REVIEW**

### **Understanding Phenomenology**

Phenomenology comes from the Greek language, etymologically, the term phenomenon or phaenesthai, meaning to give rise to, elevate, or show itself. According to Heidegger (Moustakas, 1994), the term phenomenon, which is also formed from the term phaino, means bringing to light, placing in light bright, showing itself within itself, the totality of what appears beyond us in the light. Objects that appear in consciousness blend with naturally existing objects, so meaning is created and knowledge is developed. A relationship exists between what exists in conscious awareness and what exists in the world. What appears in consciousness is absolute reality, while what appears in the world is a product of learning (Moustakas, 1994). The phenomenological method was pioneered by Edmund Husserl's motto: *zurück zu den sachen selbst* (return to the things themselves) (Suprayogo and Tobroni, 2003). To understand what really happens regarding inter-state and international communications culture on cruise ships, for example, according to the motto, a researcher should ask the cruise ship crew who experienced it, not anyone else.

### **Phenomenological Concepts According to Figures Phenomenology**

The figure of the phenomenological philosophy of Edmund Husserl (1859-1938) described that, as a phenomenologist, the story of an individual is more important and meaningful than hypotheses or axioms. A phenomenologist tends to oppose everything that cannot be observed. Phenomenology also tends to oppose naturalism (also called objectivism or positivism). This is because phenomenologists tend to believe that evidence or facts can be obtained not only from the cultural and natural world but also through ideals such as numbers or even

consciousness. Phenomenology, as the name suggests, is the science (logos) of something that appears (phenomenon). Thus, every research or every work that discusses the appearance of anything is phenomenology (Bertens, 1987). In this case, phenomenology is a philosophical approach that focuses on the analysis of symptoms that flood human consciousness (Bagus, 2002). Phenomenology is the study of knowledge that comes from consciousness, or how to understand an object or event by experiencing it consciously (Littlejohn, 2003). However, for Brouwer (1984), phenomenology is not a science but a method of thinking. In phenomenology, there are no theories, no hypotheses, and no systems; everything is descriptive. Phenomenology is not realism, nor is it idealism. On the one hand, phenomenology believes that the world exists and is real. The world, with all its contents, is real, without the influence of our presence of mind. Whether we exist or not, whether we think or not, the world still exists as it is. However, phenomenology is not the same as realism, which only believes in reality as the most objective thing and is separate from consciousness. Phenomenology teaches that reality emerges as an active process in consciousness, but this is not the same as idealism, which denies objective reality (Delfgaauw, 2001). So phenomenology occupies a position before the distinction between realism and idealism. However, Husserl gradually turned towards idealism in the development of the paradigm he adopted. Phenomenology also attempts to reveal the meaning of a person's experience. The meaning of something that someone experiences will really depend on how people relate to that something (Edgar and Sedgwick, 1999). In line with this, according to Littlejohn and Foss (2005), phenomenology is related to the appearance of an object, event, or condition in our perception. Knowledge comes from conscious experience, in our perception. In this case, phenomenology means letting something come into being as it is. Thus, on the one hand, meaning emerges by allowing the reality or phenomenon that occurs or the

experience experienced to reveal itself. On the other hand, meaning emerges as a result of the interaction between the subject and the phenomena he experiences. Here are some other definitions of phenomenology:

1. Phenomenology is the study of essences, for example, the essence of perception, the essence of consciousness, etc.
2. Phenomenology is a philosophy that puts back the essences of existence—that humans and the world cannot be understood except by starting with their activities.
3. Phenomenology is a transcendental philosophy that suspends natural attitudes in order to understand them better.
4. Phenomenology is a philosophy that considers the world as "already there," prior to reflection, as an inextricable presence, and seeks to restore direct and natural contact with the world so that the world can be given philosophical status.

Phenomenology is an attempt to directly describe our experiences as they really are, without regard to their psychological origins and causal explanations that can be provided by scientists, historians, and sociologists (Merleau-Ponty in Bertens, ed., 1987). Furthermore, in relation to science, Merleau-Ponty wrote in his opinion that "all science is built on the journey or experience of the world experienced, and if we want to reflect on science in depth and determine precisely its meaning and scope, then we first need to revive it, our experience of the world." Science is only a secondary revelation about the world. Science has never had and will never have the same meaning as the world we experience directly, because science is merely a determination and further explanation of our experience. Stanley Deetz's opinion (Littlejohn and Foss, 2005). First, knowledge is something that is conscious. Knowledge is not inferred from experience but is discovered directly in conscious experience. Second, the meaning of something consists of the potential in a person's life. How a person relates to an object will determine the meaning of that object for the person concerned.

Third, language is a means for the emergence of meaning. We experience the world and express it through language. To understand phenomenology, there are several basic concepts that need to be understood, including the concepts of phenomenon, epoche, constitution, consciousness, and reduction. Furthermore, each phenomenon represents an appropriate starting point for an investigation (Moustakas, 1994). A phenomenon is something that is the object of research studied in phenomenological studies. Phenomenology also studies and describes the intrinsic characteristics of symptoms as they reveal themselves to consciousness (Bagus, 2002). The method used is descriptive and aims to reveal intentionality, consciousness, and the "life-world" (Kuper and Kuper, eds., 1996). As a method, phenomenology is a preparation for any investigation in the fields of philosophy and positive science. According to Brouwer (1984), phenomenology is a distinctive way of thinking that is different from that of an expert in a science. If the positivist scientist convinces people by showing evidence, then the phenomenologist shows that other people experience it the way the phenomenologist experiences it. On this basis, phenomenology can be said to be the painting of symptoms using language. A positivist gets used to only seeing objects that are visible, can be seen, heard, imagined, or thought about. However, a phenomenologist must learn to no longer see objects but phenomena. Phenomenology explains phenomena and their meaning for individuals by conducting interviews with a number of individuals. These findings are then connected to the philosophical principles of phenomenology. The study concludes with the essence of meaning (Creswell, 1998). Phenomenology explains the structure of consciousness in human experience. The phenomenological approach seeks to let reality reveal itself naturally.

## **DISCUSSION**

The phenomenological approach in research is an approach that focuses on a deep understanding of an individual's subjective experience of a phenomenon or event. In

phenomenological research, it is not just a method but also a philosophy that underlies the approach. The phenomenological approach places the individual's subjective experience at the center of attention. Each individual has a unique way of understanding and giving meaning to the world around them. Phenomenology originates from philosophy and has strong roots in Edmund Husserl's thought. Concepts such as epoche and phenomenological reduction underscore the attempt to explore reality through the lens of direct experience. The concept of epoche, or suspension of judgment, is important in phenomenology, where the researcher attempts to suspend or withhold any form of previous judgment or interpretation in order to understand the phenomenon in its "raw state." Phenomenology involves careful descriptive analysis of data, trying to unearth the structure and meaning of subjective experience. Researchers strive to explain phenomena as accurately as possible. This approach recognizes and appreciates the role of subjectivity in understanding the world. Individual experience is considered a valid reality and is important to understand in phenomenological studies. Phenomenology tends to use qualitative research methods such as in-depth interviews and direct observation to collect in-depth data. Phenomenological research often uses quotes and narratives from participants to illustrate and support its findings. It provides direct voices from participants to enrich the reader's understanding. Phenomenology is not tied to a particular method and gives researchers flexibility to adapt the method according to the researcher's needs. This approach allows for an in-depth understanding without requiring the researcher to incorporate a previous theoretical framework. Phenomenological research also underscores the importance of ethical considerations, especially those related to participant intimacy and trust. Honesty and integrity in involving political parties are primary concerns. Through a phenomenological approach, research has the potential to make a significant contribution to understanding the diversity and

complexity of the human experience. This leads to a richer understanding of how individuals make sense of the world around them. The phenomenological approach provides a strong foundation for qualitative research that focuses on meaning and deep understanding, and it also promotes a humanistic approach to scientific research.

### **Procedures for Phenomenological Research**

Phenomenological studies are a point of view that focuses on individual experiences and interpretations of the world. Phenomenology is also interpreted as a method of searching for psychological meanings that form symptoms through investigating and analyzing examples of symptoms experienced by participants. The focus of this research is to understand and describe the psychological dynamics of the experience. The main focus of phenomenological research is to understand phenomena or events from an individual's perspective in depth and detail, revealing and describing the subjective meaning attached to participants' experiences. Reveal and describe the subjective meaning attached to participants' experiences. Analyze the meaning structure of subjective experience, including aspects that appear consistently. Recognizing and appreciating diversity in subjective experience, allowing for diversity and subjective experience, and allowing for a variety of interpretations and views. Dive into the scope of the phenomenon to understand how a subjective experience is formed in certain situations. Making participants the center of attention gives them space to express their experiences without being influenced by the researcher's prejudices. Ensure strict research ethics, especially those related to participant privacy, trust, and safety. Willing to adjust the research focus according to the findings that emerge during the research process. If there is a theoretical interpretation that supports or enriches the understanding of the phenomenon, contributes to the general understanding of the phenomenon, and shows its relevance and potential application in various situations.

### **Data Collection for Phenomenological Research**

The phenomenological approach collects data using in-depth interviews with the researcher as the main subject and the informant as the object of the study. To get a complete perspective on the phenomenon being investigated, the researcher must record the required data thoroughly with techniques such as observation of participants, searching for related documents, and others.

### **Data Analysis**

Data collection in phenomenology uses semi-structured interviews. There are things that must be considered before an interview process is carried out, namely: (1) the goals and interests of the researcher; (2) confidentiality; (3) research procedures; and (4) preparation for the interview. The data analysis method used in a phenomenological study is the data explication technique. The data explication technique is a data analysis technique that includes a number of steps, namely: (1) obtain understanding data as something overall, (2) compose description of phenomenon individual (DFI), (3) identifying episodes in each DFI, (4) explication themes in each episode, and (5) synthesis from explanation every theme in every episode.

### **Relevance**

The phenomenology approach has various significant relevances in scientific research. Phenomenology gives a strong approach for understanding individual experience, diving, and digging meaning that emerges from the point-of-view of the participant. Phenomenology is not only limited to observational symptoms or events but also explores the meaning contained in subjective experience. Phenomenology helps in understanding how environment, culture, and situation influence the interpretation of individual phenomena. The phenomenology approach may positively contribute to understanding human behavior, support the development of theory, and provide a strong foundation for various field research and practice.

### **Applications in Research**

The phenomenology approach has diverse applications in various field studies. For example, in psychological clinical phenomenology, it is used to understand the subjective experiences of individuals experiencing mental disorders or certain conditions of psychology, giving an outlook on how individuals address, interpret, and provide meaning to their mental health. In educational science, phenomenology may help in understanding the experience of students in the learning process, their perceptions of lecturers methods of teaching, or their views of system education. These results may help schools design policies in accordance with the needs of stakeholders. In the field of anthropology, this approach understands culture and traditions from the perspective of the individual. Meanings in rituals, beliefs, or practices of various cultures can be measured in a qualitative way. In the field of health and care studies, phenomenology can help understand how patients experience disease, procedures, medical care, or maintenance for a long time. This can increase the understanding of what health professionals need for patients. The important thing that should be remembered is that the phenomenology approach can be applied in various disciplines. Knowledge and strength lie in the ability to investigate and understand the meaning of the subjective perceptions of each individual.

### **CONCLUSION**

The conclusion that can be drawn is that phenomenology makes a huge contribution and is important in studying science and understanding human behavior. Phenomenology is not only a research method but also a deep philosophy that delivers an outlook unique and deep to experience mankind. Through an experience-subjective approach, this method may make a valuable contribution, enriching our understanding of diversity and complexity in life.

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