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THE EFFECT OF THE MOEKTI DIRI PROGRAM BY PT. REMEN JAWI YOGYAKARTA ON PARTICIPANTS MENTAL HEALTH RECOVERY

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Abstract:

Work stress is one of the most common problems experienced by modern society due to high job demands, social pressure, and a fast paced lifestyle. This condition can have an impact on declining mental health, such as anxiety, emotional exhaustion, and burnout. One approach that can be used as a recovery effort is wellness based tourism. This study aims to analyze the impact of workload on the mental health of modern society and examine the role of the Moekti Diri program as a form of wellness tourism in the mental health recovery participants. This research uses a qualitative approach with a descriptive method. Data collection techniques were carried out through interviews, data presentation, and conclusion drawing. The results showed that high workloads in terms of duration, intensity, and work pressure caused stress, emotional exhaustion, and unstable mental conditions among participants. The “Moekti Diri” program proved to provide a meaningful recovery experience through a combination of reflective activities, interaction with nature, and a holistic cultural approach. In addition, this program produced positive and sustainable mental transformations such as increased self-awareness, emotional stability, and the ability to manage stress in daily life. Therefore, the “Moekti Diri” program can be an effective alternative in supporting the mental health recovery of modern society.

Keywords: *Wellness Tourism, Mental Health, Work Stress, Moekti Diri, Mental Recovery*

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INTRODUCTION

Stress is a physiological and psychological response that arises due pressure or demands from environment (Pane, Herlin, Damanik, & Ramadan, 2025). This response occurs when the body experiences pressure, challenging situations, or conditions that are beyond individual control. In a biological context, stress is the result of the interaction between damaging factors and the body's defense mechanisms, as tension or pressure emerges from the reciprocal relationship between force and resistance (Salye, 1950). In modern life, stress triggers No. longer come only from physical threats, but also from social demands, technological developments, and increasingly rapid life dynamics. Therefore, stress has become a common phenomenon, especially when individuals are faced with demands that require speed, competence, and high adaptability.

In the modern era, individuals are required to be fast, competitive, and adaptive. These demands have both positive and negative impacts. Positively, they improve professionalism, productivity, and creativity. However, they also create psychological problems, particularly in the workplace. Professional demands, high achievement targets, and workplace pressure often create psychological tension. Workers are frequently faced with excessive multitasking, tight deadlines, and increasing company expectations, which trigger prolonged work stress and negatively affect mental well-being. Work stress is a condition of stress that causes physical and mental imbalance, affecting emotions, thought processes, and employee conditions (Putri, Trirahayu, & Hendratni, 2023).

According the World Health Organization (WHO), around 1 in 4 people worldwide experience mental health disorders, with stress as one of the main problem. This is worsened by socio economic changes where work becomes the main priority, creating workholic behavior that initially aims to improve walfare but eventually leads to work stress. Work stress sis also caused by working hours that exchange normal limits and surpass an individual's capacity. Based on Law Number 13 of 2003 concering Employment, Article 77 states that normal working hours are 7 hours per day for 6 working days or 8 hours per day for 5 working days. however, in practice many modern workers exceed those limits due to excessive workloads. long working hours have been proven to significantly increase the risk of mental health disorders (ma, kawakami, & inui, 2024)

prolonged stress can trigger various mental health disorders because the body continuously faces pressure beyond its normal capacity. when the body can no longer handle this pressure, the nervous system and hormonal balance become disrupted, causing anxiety, depression, and emotional exhaustion. this condition also reduces cognitive abilities such as concentration, decision-making, and emotional regulation. continuous stress can worsen both physical and mental conditions and increase the risk of burnout, causing individuals to lose motivation, enthusiasm, and feel powerless. burnout is a condition of excessive mental pressure that causes severe fatigue (febrina & sahrani, 2025). it can also affect sleep patterns and reduce the quality of social relationships. if not handled properly, stress can develop into more serious mental disorders and reduce both quality of life and work productivity.

One way to reduce stress is through tourism and recreation. Tourism is a travel activity carried out for recreation, personal development, and learning experiences in a temporary period (Riani, 2021). Recreation itself functions as a leasure activity aimend at relaxation and pace of mind, providing individuals with space to pause from stressful routine and improve they quality of life (Siby & Kasingku, 2024). In the modern era, tourism has developed not only as a form of recreation but also as a medium for mental health recovery through wellness tourism. Wellness tourism is designed to improve and maintain physical, psychological, intellectual, social, and emotional well-being (Adnyana, 2022). According to the United Nations World Tourism Organization (UNWTO), wellness tourism focuses on maintaining or enhancing personal well-being. Indonesia has strong potential for wellness tourism development due to its natural resources such as beaches, mountains, and tropical forests, as well as traditional practices like herbal medicine, reflexology massage, and yoga (Dewi & Karyoso, 2019).

Responding to this trend, PT. Remen Jawi Yogyakarta developed the "Moekti Diri" program as a forest wellness experience that combines wellness activities with Javanese cultural values. Conducted in collaboration with the Borobudur Authority Agency (BOB), Deloano Glamping Menoreh, and Kelana Wisata, this program takes place in the Menoreh Biosphere Forest area, a UNESCO heritage site. Through sessions such as Mind, Body and Soul, Urai-Luruh, Mengendapkan, and Letting Go and Heal, participants are invited to release stress, rebuild self-confidence, and improve their quality of life.

Therefore, this study focuses on analyzing the influence of the “Moekti Diri” program by PT. Remen Jawi Yogyakarta on participants’ mental health recovery.

METHODS

TYPE OF RESEARCH

This study uses a qualitative approach with a descriptive research design to provide a detailed explanation of the natural phenomena related to the role of wellness based tourism in supporting participants mental health recovery during Moekti Diri program. Through this approach, the researcher seeks to understand the process of self reflection and the series of wellness activities provided throughout the program, as well as their impact on reducing stress level and improving participants mental well being. Qualitative research focuses on gaining an in-depth understanding of social phenomena through descriptive explanations and interpretative analysis (Sari, Husnawati, Suryono, & Mulyapradana, 2025). It is also defined as an approach used to explore social phenomena by analyzing non-numerical data such as interviews, observations, and document analysis (Hasan et al., 2025). Therefore, qualitative research is considered the most appropriate method for explaining meanings, experiences, and social situations through words, narratives, and descriptive interpretation.

TIME AND PLACE

This research was conducted in two locations: Deloano Glamping, where the researcher carried out direct observation of the Moekti Diri program activities, and online through Zoom Meetings, which was used to conduct interviews with informants and collect research data. Online interviews were chosen because direct interviews at the program location were not always possible, and most participants came from outside the Yogyakarta area. The research was conducted during October and December 2025, as well as February 2026.

RESEARCH SUBJECT

The research subjects in this study are participants who had attend the Moekti Diri program organized by PT. Remen Jawi Yogyakarta. The subjects consisted of main informants and supporting informants. The main informants were selected based on the following criteria : having participated in the Moekti Diri program at least once, being in the productive age range of 18–60 years, having experienced work-related stress before joining the program, being willing to become research participants, and being able to follow the data collection process. Based on these criteria, eight main informants were selected from Moekti Diri participants. In addition, the study was supported by two supporting informants from the organizing team, namely the Managing Director of PT. Remen Jawi Yogyakarta and the Head of the Operational Division of the Moekti Diri program. These supporting informants were chosen because they understood the background of the program, the implementation system, and the evaluation process of the Moekti Diri program.

RESEARCH CONCEPT

Mental Health Recovery and Wellness Tourism as the research concepts. The following are the definitions of the two main concepts of this research :

1. Mental Health Recovery

The concept of mental health recovery refers to the process of improving an individual’s psychological well-being after experiencing work stress, emotional exhaustion, anxiety, and burnout. This variable includes factors such as emotional stability, self-awareness, stress management, peace of mind, and the ability to return to daily productivity. Mental health recovery determines how effectively participants can restore their psychological condition and improve their overall quality of life after experiencing prolonged stress.

2. Wellness Tourism Program

The concept of wellness tourism includes tourism activities specifically designed to improve physical, mental, emotional, and spiritual well-being. In this research, the Moekti Diri program by PT. Remen Jawi Yogyakarta is used as the main form of wellness tourism implementation. This concept includes reflective activities, interaction with nature, healing sessions, self-awareness practices, and Javanese cultural values. These elements ensure that tourism not only provides temporary relaxation but also supports sustainable mental health recovery and long-term well-being.

DATA COLLECTION TECHNIQUES AND INSTRUMENT

The data collection techniques in this study involved the use of the following research instruments :

1. Interview: Semi-structured interviews were conducted with participants of the Moekti Diri program to explore in-depth information regarding work stress, mental health conditions, and the role of wellness-based tourism in the recovery process. This technique was chosen because it provides a more contextual, reflective, and comprehensive understanding based on the direct experiences of the participants. Interviews were also conducted with supporting informants from the organizing team to obtain additional information regarding the background, implementation, and evaluation of the program.
2. Data Presentation: Data presentation was used as a technique to organize and simplify the original statements from informants in order to identify the main findings of the research. The collected data were arranged systematically so that the researcher could find the core meaning and important information related to the study. This process helped transform raw interview results into clearer and more structured research findings.

DATA ANALYSIS TECHNIQUES

Data analysis used in this research is :

1. Data Reduction: Simplification of raw data into data that is easier to describe and analyze. Data obtained from the field were processed by selecting important information, summarizing interview results, identifying relevant findings, and removing unnecessary or unrelated data.
2. Data Presentation: The process of organizing information from the results of data reduction to facilitate drawing conclusions and making further decisions. In qualitative research, data were generally presented in the form of descriptive narratives to make the findings easier to understand.
3. Drawing Conclusions: After the data were presented, the researcher drew conclusions by re-examining the data reduction and presentation process. This was done to ensure that the conclusions made were consistent with the analyzed data and accurately reflected the research findings.

RESULT & DISCUSSION

RESEARCH RESULT

1. Main Informants Discussion

a. Workload Dynamics and Its Impact on Participants Mental Health

The findings show that participants experienced high workloads caused by long working hours, overtime, multitasking, deadlines, and strong performance demands. These conditions created physical fatigue, emotional exhaustion, stress, sleep disturbances, and mental instability. Most participants felt emotionally overwhelmed before joining the Moekti Diri program, showing the need for mental health recovery support.

b. Moekti Diri as a Form of Wellness Tourism

Moekti Diri is seen as a wellness tourism program that supports mental and emotional recovery, not only recreation. Participants joined mainly to escape work or academic stress, seek healing, and find personal reflection. Activities such as sharing sessions, grounding, journaling, mindfulness, and interaction with nature helped participants feel calmer, more relaxed, and emotionally balanced.

c. Factors Influencing Participants Experience Quality

The quality of participants' experiences was influenced by internal readiness, environmental atmosphere, and program design. Mental openness and emotional readiness helped participants gain better results. The peaceful natural environment and supportive mentoring also played important roles in creating comfort, safety, and meaningful healing experiences.

d. Transformation of Participants Mental Conditions

After joining Moekti Diri, participants experienced positive mental changes such as feeling calmer, lighter, fresher, and more emotionally stable. They also developed greater self-awareness, self-acceptance, and better stress management. Many participants continued applying healing techniques such as breathing exercises, grounding, journaling, and butterfly hugs in daily life.

2. Supporting Informant 1 Discussion

a. Background and Purpose of the Moekti Diri Program

According to the Managing Director of PT. Remen Jawi Yogyakarta, Moekti Diri was created because many workers and young people experience burnout, stress, and emotional fatigue. The program aims to provide a healing space where participants can recharge mentally, reflect on themselves, and improve emotional well-being through wellness tourism.

b. Program Implementation Strategy

The program was designed with flexible, reflective, and relaxing activities in a natural environment away from city stress. Activities such as butterfly hugs, meditation, sharing session, and self-healing were chosen to reduce anxiety and improve emotional balance. Supportive facilitators also played an important role in creating a safe and comfortable healing process.

c. Program Evaluation and Participant Satisfaction

The success of Moekti Diri was measured through participant feedback and observation of emotional changes. Participants became more relaxed, open, and emotionally stable after the program. Positive testimonials and the desire to re-join showed high satisfaction, although challenges remained in raising public awareness about mental health healing.

3. Supporting Informant 2 Discussion

a. Program Implementation Process

The committee managed the program from preparation to evaluation, including location selection, activity planning, facilitator coordination, and participant support. Their role was important in creating a smooth, safe, and comfortable healing environment. Challenges such as participant differences, weather, and technical issues required flexibility and teamwork.

b. Participant Interaction as a Recovery Process

At first, many participants felt shy and emotionally closed, but they became more active during sharing sessions. These sessions allowed them to express stress and emotional burdens without judgment. Reflection activities also helped participants understand themselves better and supported their mental recovery.

c. Field Evaluation and Future Development

The committee evaluated success through direct observation and participant feedback. Positive emotional changes and strong interest in joining future programs showed the program's effectiveness. For future development, they suggested adding more activity variations, expanding participant targets, providing follow-up sessions, and increasing awareness about mental health healing.

Discussion

The results of this study show that modern work demands such as long working hours, overtime, multitasking, tight deadlines, and high performance expectations significantly affect participants' mental health. These conditions create physical fatigue, emotional exhaustion, stress, sleep disturbances, and emotional instability, which often lead to burnout and reduced quality of life. Before joining the Moekti Diri, most participants experienced unstable emotional conditions and difficulty managing work-related stress. This finding confirms that excessive workload and poor work-life balance are important factors that contribute to mental health problems, especially among workers and young adults in the modern era.

The Moekti Diri program by PT. Remen Jawi Yogyakarta proved to be an effective form of wellness tourism that supports participants' mental recovery. Through reflective activities such as sharing sessions, grounding, journaling, meditation, butterfly hugs, and interaction with nature, participants experienced positive emotional transformation, increased self-awareness, and better stress management. The peaceful environment, supportive facilitators, and safe emotional space strengthened the healing process and created meaningful experiences. These findings show that wellness tourism is not only a form of recreation but also an important strategy for sustainable mental health recovery and emotional well-being.

CONCLUSION

Based on the research findings, it can be concluded that participants experience high workloads that often exceeded their physical and mental capacity, caused by long working hours, heavy job demands, and continuous work pressure, which led to stress, emotional exhaustion, and mental instability.

before joining the program. The Moekti Diri proved to be an effective form of wellness tourism that provided meaningful mental recovery through reflective activities, natural and cultural approaches, and professional mentoring. The quality of participants' experiences was influenced by internal readiness, environmental atmosphere, and supportive facilitators, which created a safe and comfortable healing space. Participants experienced significant and sustainable positive changes, including better emotional stability, increased self-awareness, improved stress management, and greater readiness to return to daily routines. Overall, Moekti Diri is not only a recreational tourism program but also an effective wellness-based tourism model that contributes to long-term mental health recovery and improves participants' quality of life, especially for young workers and students who are vulnerable to stress and burnout.

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