

ABSTRAK

Penelitian ini dilatarbelakangi oleh fenomena konversi agama pada mualaf yang mengalami perubahan keyakinan sekaligus perubahan sosial dan budaya. Mualaf di Persatuan Mualaf Aceh Tamiang (PMAT) masih menghadapi berbagai tantangan psikologis, sosial, ekonomi, dan kerentanan hubungan rumah tangga. Meskipun demikian, mereka tetap mampu mempertahankan keyakinannya dan beradaptasi dengan kehidupan barunya. Penelitian ini bertujuan untuk mengetahui pengalaman hidup, tantangan, dan strategi adaptasi yang dilakukan oleh mualaf di PMAT, Aceh Tamiang. Penelitian ini menggunakan teori adaptasi Bennet dan *culture shock* Oberg. Metode yang digunakan adalah *life history* dengan teknik pengumpulan data melalui observasi partisipatif, wawancara mendalam, studi dokumen, dan studi literatur. Analisis data dilakukan melalui reduksi data, penyajian data, verifikasi, dan penarikan kesimpulan. Hasil penelitian menunjukkan bahwa proses konversi agama empat mualaf dipengaruhi oleh faktor eksternal berupa lingkungan, pengalaman spiritual, dan pernikahan, serta faktor internal berupa dorongan hati. Setelah konversi, para mualaf menghadapi berbagai tantangan berupa kesulitan mempraktikkan ajaran Islam, ter-alienasi dari keluarga dan lingkungan non-muslim, merasa asing dengan lingkungan muslim, tekanan ekonomi dan rumah tangga yang memunculkan *culture shock* berupa stres, kebingungan, tekanan batin, dan kegoyahan iman. Strategi adaptasi empat mualaf di PMAT ada tiga bentuk yaitu adaptasi perilaku dengan mempelajari ajaran Islam, melakukan dekulturasi, serta bersikap sabar dan tawakal; adaptasi siasat dengan menjaga jarak sementara dari lingkungan yang berpotensi menimbulkan konflik dan berusaha mandiri secara ekonomi; serta adaptasi proses melalui pemulihan hubungan dengan keluarga, membangun kepercayaan dengan masyarakat muslim, dan bergabung dengan PMAT sebagai wadah pembinaan agama, dukungan sosial, ekonomi, dan psikologis.

Kata Kunci: Adaptasi, Konversi Agama, *Life History*, Mualaf, Tantangan

ABSTRACT

This study is grounded in the phenomenon of religious conversion among converts (mualaf) who undergo shifts in faith alongside social and cultural changes. Converts associated with the Aceh Tamiang Converts Association (PMAT) continue to face various psychological, social, and economic challenges, as well as vulnerabilities within their domestic relationships. Nevertheless, they remain able to uphold their faith and adapt to their new lives. This research aims to explore the life experiences, challenges, and adaptation strategies of converts at PMAT, Aceh Tamiang. The study employs Bennett's theory of adaptation and Oberg's concept of culture shock. A life history method was used, with data collected through participant observation, in-depth interviews, document analysis, and a literature review. Data analysis involved data reduction, data presentation, verification, and conclusion drawing. The results indicate that the conversion process of the four converts was influenced by external factors such as their environment, spiritual experiences, and marriage as well as internal factors, specifically personal conviction. Following conversion, the converts faced challenges including difficulties in practicing Islamic teachings, alienation from their families and non-Muslim social circles, a sense of unfamiliarity within the Muslim community, and economic and domestic pressures; these factors triggered culture shock manifested as stress, confusion, inner turmoil, and wavering faith. The adaptation strategies employed by the four converts at PMAT took three forms: behavioral adaptation (learning Islamic teachings, undergoing deculturation, and practicing patience and reliance on God/ tawakal); strategic adaptation (temporarily distancing themselves from environments prone to conflict and striving for economic independence); and process-based adaptation (restoring family relationships, building trust with the Muslim community, and joining PMAT as a platform for religious guidance and for social, economic, and psychological support).

Keywords: *Adaptation, Religious Conversion, Life History, Convert, Challenge*