



The Motivation to Learn Yoga

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ABSTRACT

Yoga has been growing rapidly throughout the world. Several yoga training centers are established in various countries. Each Yoga training center presents certain techniques and with a specific purpose as well. People become attractive to follow one of these yoga training centers because of each own motivation. For those who want the beauty of the body, so the Yoga center that offers these products will pull them. Likewise for those who want to be healthy, they also will be looking for centers that offer Yoga which can make their body healthy. Therefore, any product offered by them is always tailored to the motivations of people doing yoga. From in-depth investigation, the motivation of a person to do yoga can be due to internal and external factors. Internal factors include the

health, beauty, effort to prevent illness, improve bad habits, and peace of mind. While, external factors include economic needs, religious identity, spiritual tourism and universal values.

Keywords: Yoga, motivation, Patanjali, Astangga Yoga.

1. INTRODUCTION

Yoga is a term that is already familiar to the general public and especially Hindus. However, their understanding of the meaning of the term yoga as a whole is not equal to one another. Some communities only understand the term yoga as an activity of the body in movement, position, or certain poses. The understanding of that community is not false, but not including the definition and understanding of yoga holistically. That understanding is only limited to the understanding that yoga is only when one is able to move various poses of *asanas*. Thus, it can be said that they only have understood about *asanas*. In fact, *asanas* is only one parts of *Astangga Yoga*.

There are also some people who understand yoga as an activity limited to contemplation / *samadhi* to do so in quiet and haunted and scary places, solely to gain strength or magic. A wide variety definition of yoga arises in the community, but to get a definite definition and meaning of the term yoga, it needs a deep search of the origin of the term yoga.

The term yoga comes from the Sanskrit. Etymologically, yoga is derived from the word *yuj* which means connecting, uniting, while the word yoga itself means: unification, relationships, contacts, disposition, transfer, delivery, useful, useful, deceit, dishonesty, work, religious, meditation, rules, regulations, activities, crafts, results, and outcomes (Surada, 2010: 259).

Essentially, the human derived or originated from God, and man's mission in life is to bring back unity. The methods to re-achieve the union with that creator can be done with yoga. Yoga is the eternal knowledge that can get people to be reunited with God.

The definition of yoga is also implicit in the book *Pancamoveda* (Bhagavadgita). Here, it is said that the Bhagavadgita is the book of Yoga. Yoga is a system and also method for connecting ourselves or worshiping God in order to obtain grace from Him (Pudja, 1999: xiii). As the culmination of *Catur Yoga* (*Karma Yoga, Bhakti Yoga, Jnana Yoga and Raja Yoga*), in *Bhagavadgita, Raja Yoga* which brought the Hindus achieve the ultimate goal (immortality of Brahman). Yoga is also a system of Hindu philosophy whose system invented and created by *Maharsi Patanjali* in the era of the Upanishads.

Today, forms and traditional practices of meditation that exist today scattered with the designation of various kinds which in general, associated with mantras, *cakra-cakraasanas*, and *kundalini*, with a variety of packaging. Kamajaya (2000) defines yoga as: 1) an attempt to control the objectified mind and the natural tendency of the mind, organize all thoughts and anxieties that remain unaffected; and 2) the union between consciousness unit and cosmic consciousness.

According to *maharsi Patanjali* in the book of *Patanjali Yoga Sutra*, in one of the main sutra stated that, "Yoga's Citta Vrtti Nirodhah" (Yoga Sutra I.2) which means: yoga is restraint seeds of mind (Citta) from taking various forms (changes; wrtti) (Saraswati, 2006: 279). This notion suggests that yoga is a mental or thoughts activity to control the thought or seeds of thought from various forms or changes arising from the mind resulting from the influence of *pancaindria*. To be able to control the situation, maharsi Patanjali make a statement as a form of discipline through 196 sutras in four *pada*, to achieve the true essence of yoga. Told that sutra consists of *aphorism* / short sentences are very solid meaning. Solid formulation of meaning was made by a maharsi (Hindu holy man) named Patanjali. Therefore, he created a system that has been called the Yoga Sutras of Patanjali. In Patanjali, the sutras are shown as eight steps that must be trodden. This step is called Astangayoga or eight steps namely; *yamaniyamāsanaprāṇayāma pratyāhāradhāranādhyānasamādhayo 'stāwangāni* (Yoga Sutra II.29). It means; self-restraint (*yama*), compliance steady (*niyama*), postures (*āsana*), set up of breathe (*prāṇayāma*), distribution (*pratyāhāra*), concentration (concentration; *dhāranā*), contemplation (*dhyāna*), absorption / *samādhi* (Saraswati, 2006: 290).

2. DISCUSSIONS

The data obtained in the field that people interested in learning yoga is generally motivated by several goals on their needs, namely; 1) due to internal factors and 2) Take up yoga due to external factor.

2.1 Internal Factor

2.1.1 Pain Complaints

Disease is the one thing that is avoided by everyone. Abundant treasures will be useless when someone is ill. The condition of the body in a state of pain, either physical or spiritual sickness will keep a person from feeling happy. Healthy is one of the requirements for life bestowed by God can be lived with gratitude and happiness. Although the disease becomes part of human life, however, efforts to minimize and preventive measures should always be done for life. Through Yoga, the disease can be minimized and even eliminated.

Several types of *asanas* are beneficial to cope with headaches include: *Sirsasana*, *Vrcikasana*, *Ustrasana*, *Pascimotthanasana*, meditation through *Savasana* and yoga *Nidra* (Somvir, 2008: 9). The benefit of this *asanas* are contracting the backbone region first, because the backbone as an organ that held the body as a whole is very much tied up by the nerves that connect the internist organs, enzymes and glands in the body. By contracting the muscles, train and touches the nerves in the backbone, so the supply of oxygen to the head area becomes smoother and maximum.

Many types of *asanas* that can be selected based on the needs in treating various diseases. In theory and practice can be known that each pose of *asanas* provides benefits in accordance with the effective functioning of its *asana*. The entire existing *asanas* totaled 8,400,000 representing all the species of living beings in the universe. Of the 8.4 million, there are 84 of the best and of 84 *asanas*, there are 32 effective and is recommended to be trained in achieving health spiritual body. The 32 (thirty-two) *asanas* have been giving body perfection in life. As implied in *Geranda Samhita*, thirty two *asanas* include: 1. *Siddhasana* (posture perfection), 2. *Padmasana* (Lotus posture), 3. *Bhadrasana* (male posture), 4. *Muktasana* (free posture), 5. *Vajrasana* (Lightning) 6. *Svastikasana* (prosperous posture), 7. *Simhasana* (lion posture), 8. *Gomukhasana* (cow's mouth posture), 9. *Virasana* (heroic posture), 10. *Dhanurasana* (bow posture), 11. *Mertasana* (corpse posture), 12. *Guptasana* (disappears posture), 13. *Matsysana* (fish posture), 14. *Matsyendrasana*; 15. *Goraksana*; 16. *Paschimotthanasana*; 17. *Utkatasana* (a risky posture), 18. *Samkatasana* (dangerous posture), 19. *Mayurasana*. (peacock posture), 20. *Kukutasana* (bird posture), 21. *Kurmasana* (turtle posture), 22. *Utthana Kurmakasana*, 23. *Uthanasana Manduka*, 24. *Vrksasana* (tree posture), 25. *Mandukasana* (frog posture), 26. *Garudasana* (bird posture), 27. *Vrsasana* (beef posture), 28. *Salabhasana* (grasshopper posture), 29. *Makarasana* (dolpin posture), 30. *Usrasana* (giraffe posture), 31. *Bhujangasana* (snakes posture), 32. yoga (Chandra Vasu, 1933: 25-26).

Practicing variety of *asanas* poses in yoga if done continuously and discipline, not only treat various diseases as a curative action, but make the body protected from various diseases as a preventative effort and make it more resistant and stronger so that it can be function more optimally in life.

2.1.2 Preventive Efforts

In response to the possibility of the worst that has not happened, then there would be a good idea before various diseases gnawing body, considered very necessary efforts have been made real to protect themselves as early as possible to the emergence of a number of diseases, as an act of preventive to keep the body protected from various diseases and conditioning the body healthy maximally. Only with a healthy body condition, a person can carry out the obligations (*swadharma & paradharma*) well.

Basically, diseases that have not happened are mostly preventable as a preventative effort. There are various ways for the prevention of various diseases as has been done by many yogis, some of which are diet, rest system, the right mindset, proper body work and balanced with yoga practice. Wrong diet, will have implications on the processing of food in the stomach organs, blockage of blood flow in blood vessels, so that blood supply to the whole body becomes blocked, then resulting in calcification of tissue adhesive joints. Stomach as a food production machine is very risky for the effects of what is eaten. Yoga will clean up slowly but surely all the toxins that settle in the stomach.

Yoga gives the effect of the overall system health of the body, because yoga is not only to access and move parts of the body on the outside, but also activate the functions of the body on the inside as the function of hormones, heart action, lungs absorption in taking and circulating oxygen for then circulated by the blood throughout the body. Moving the body by doing yoga is an appropriate alternative, because when compared to ordinary exercise as aerobics, weightlifting, martial arts, a wide variety of fitness training, it is relatively different in terms of types of movement, energy used, equipment, organ-driven directly. Yoga is very cheap and easy, so that it can be relatively done by people of all ages.

2.1.3 Maintaining the Body Posture

Attractive posture is largely dependent to the taste of spectators. Beauty is captured from this body cumulatively concerning body measurements as a parable that has been very strong in Bali, among others, such as; '*bangkiangne acekel gondalayu, bangkiangne kadi nyangnyang*', meaning slender waist, the butt is bigger than the waist, waist shape like this make the form the body is said to be sexy. Then, another parable is '*pemulane kadi langsung*' means clean yellowish skin seems alluring bright. To obtain a slim body that most people's dream, the women take to the efforts by taking medicines from herbal medicine to the chemical medicine in the packaging of capsules or injections. All this is done by women as their efforts to obtain beauty. Besides those ways, in order to obtain an attractive and sexy body also pursued through physical movement, such as: fitness training (aerobic), body language and yoga courses. Because one of the beauty criteria can be judged from physical shape, then for a woman, body shape becomes one of the most valuable asset and very important to her. Therefore, most women are not afraid to spend a huge cost, just to be able to look beautiful, have a sexy and attractive body.

From the field data, literary sources and mandate of *Yogasutra Patanjali* that the motivation of the participants in relation to the needs of physical health can be summarized that, the participants who come to learn yoga as an alternative healing of various diseases or as a curative for those who have stricken by the disease, as a preventative measure for those who have no disease yet and as an attempt to obtain a proportionate body shape for women. The best way is by practicing yoga continuously, obeying the rules of the discipline of yoga, and still controls our desires; instead we are driven by the desire itself. Yoga, mainly *Hatha* Yoga, part of *Bahirangga*, works anatomically and anatomic psychology in terms of body function should meet human needs as a whole; therefore, the harmony of the body functions work optimally.

2.1.4 Correcting Bad Habits

Continuous exercise gives very effective impact to the overall body health and correcting bad habit pattern. Bad habit packed in the form of behavior is recognized by some level of society is very difficult to change. It will be worse if the bad habits happen to the teenagers as the next generation of the family and the nation. If a bad habit is already patterned at a young age, many people become disappointed. Teenagers who normally should grow up with health, strong body, brilliant mind (thinkers of the nation), a brilliant time at the age to be collapsed only because of their habit of sipping liquor and get drunk every time. People who sipped alcohol to cause it to get drunk, it would certainly have an impact on the level of consciousness. Unconscious people may not be functioning their sense and mind well. Human with unconscious mind make them do bad thing and tend to be emotional act. In emotional state, a person would not be able to distinguish between the right and wrong behavior, so indiscriminate. In these circumstances, this generation is no longer able to act for the good of themselves, besides thinking into a stand for the family and the nation.

All factual data provides confirmation that the correction of bad habit to be good habit needs the following things, namely; 1) range of time as the transformation process, 2) discipline as a commitment would change for the better, 3) continuity, so the muscle structure that has improved will be healthier, the movement becomes steady, good principles will change the way of thinking become positive so the daily habit would be better.

The results of this accumulation make healthier and comfortable feeling. This condition should be maintained properly so it will be conducive (latency). In addition, that condition is not limited to yoga participant who are younger, but it can also occur in older participant. Yoga remains positive benefit if it is trained continuously, diligently, and full of confidence; besides, most of the older participants are still able to do *asanas* poses a lot and do not make old age as an excuse and barrier to have healthy living. On the contrary, the old age can be passed well, with full awareness that old age as inevitability. The virtues of yoga can be a loyal and true friend not only at a young age but the true friend that leads the way to the end of life. Passing through the old age without the burden and feeling happy together with the virtues of yoga.

2.1.5. Improving Inner Beauty

Beautiful face and slim body definitely become a desire of most women. This grace of God is not available for all women. Beautiful face, slim body and white skin are not a guarantee to be looked attractive to everyone. Sometimes, someone who has not so beautiful face, a bit black skin, body slightly fit to height, but looks so attractive to many people. Beautiful and attractive at the same time in Balinese perspective is not just limited to curve only, nor limited to the smooth white skin, but there are three important aspects, namely; *satyam* (truth), *sivam* (purity), *sundaram* (beauty). *Sundaram* aspect is not solely in terms of physical beauty through the naked eye but the beauty is in the sense of mental and spiritual reflection.

A person may look attractive because of his/her good health. This, it could be accepted by the logic that, from good health will appear good mood, and of a comfort feeling comes a sense of confidence and self-confidence is an energy / inner strength. A common slogan in everyday life states that the prestige and charisma can be seen from the aura of a person's face. When someone is sensitive intuitively, the presence of the good and bad people can be felt. It is, because every person is covered by an energy field called aura. Meet with people whose minds are bad, spiteful and deceitful heart will be felt in an uncomfortable atmosphere, there is a feeling of a lump and it makes something disharmonious inside.

2.1.6 Emotional Control and the Peace of Mind

Emotions can be divided into two types, namely; emotional desires and emotional feelings. The main element in the emotion is *raga* (love) and *dvesa* (hatred). These varied emotions such as anger, surprise (awe, fear), envy, sorrow, frustration, discouragement, sex (Sivananda, 2005: 52) Emotions also very strongly linked with the food and the mind. Emotions form is behavior that is displayed due to the response of the environmental situation (<http://m.kompasiana.com>). How well a person manages stress resulting feelings of intolerance emotion that comes from within and from outside and how often respond through action, then such that its emotional strength. Inability to manage emotions will trigger symptoms of emotional disorders such as depression, anxiety, fear, anger, and stress. If it happens, body as a system will be disrupted / disharmonic.

This is one reason among those who interested in yoga and who drive their footsteps choose Yoga. From a number of informants were interviewed, most of them from women, both teenagers and adults. These people were very vulnerable plagued by emotional symptoms. As what was conveyed by Ayu Putu Kartini expressed grief over the feelings swayed by resentment, upset, and angry over the condition that happened in the next few years.

Controlling the mind is not easy considering the complex nature of the mind. Mind in yoga even becomes the main discussion (*yogascitavrttiniroddhah*) in Yogasutra Patanjali to achieve *Kaivalya* / freedom. The initial effort in controlling the mind as the king of *Indrya* is: to recognize anything, how the genuine nature of the mind and how to make it benign. Some characters of the mind are: the mind is said like a monkey stung by a scorpion, like a bird, like a dog, like a machine, like a flower, like a mirage, like a small child, has intimate friends, has a close friend, has a closest friend, has a dearest friend, has three colors, and has enemies (Sivananda, 2005: 391).

2.2 External Factor

2.2.1 The Need of Economic Value

Economics cannot be separated in human life. Various activities are done either individually or in groups, the ultimate objective is partly aimed to improve the quality of the economy. The quality level of someone's economy is a reflection in part of a person's level of success materially. In economic calculation, there are money, services, producers and consumers. Predicate humans as economic beings indicating that they are always profit oriented, productivity oriented, capital oriented, and other material things. This title is not too proud designation for some people, often called a satire or ridicule. Predicate as an economic being has a great implication, it can be seen in the many cultural aspects which experience marketization such as social aspects, the politics aspects, education and others experience "economizing". All this happen as they relate to capital as a power.

Although initially told to obtain health, while their primary needs are still in a hidden position. Having explored the data further, closer through in-depth interviews, it became clear that the main objective was precisely to obtain economic benefits.

At the beginning, the answers that they came to learn Yoga is for health, but after being asked again and dug deeper and it turns out their hidden motivations was to obtain economic benefits. Seeing their interest motivation, indirectly, it can be said that their arrival to learn yoga was ridden by the purpose to gain economic benefits. While behind the spirit of the hidden economic benefits to be achieved, thus creating a profit-driven business is fueling the motivation of the person's behavior in the various sectors of life is not limited to consumer goods such as material, but also in the form of services (Karl Mark and George Simmel in Turner 1992: 115-132). The cause of this commodification is as a form of popular culture caused by the needs of the consumers themselves. Needs at fondness lifestyle, driving consumer demand for goods and services such as dressed up that shows the lifestyle and the class (beautify body), providing space for goods and services as consumer purposes, so that services become a commodity market (Piliang, 2006: 128)

Similarly, yoga participants who choose Yoga program that comes motivated not only for health. But, behind of their arrival, there is also a mode for profit / commodity in the future after getting certificates.

2.2.2 The Need of Religious Identity

Religious teachings is very important to always be explored, studied deeply because in the religious teachings of the hidden truths of the essential nature leads human towards a peaceful life (*santih*) inside and outside themselves. The essence of the religious teachings that they follow will be served as *sesuluh* to live a religious life. In the esoteric level, the package of religious teachings and beliefs are very diverse, varying in how to actualize. Nevertheless, all religions teach goodness, glory, and love, so human life will be harmonious. At this time, then the religions will eventually lead their people to the *esoteric* area (Saputra, 2012: 99).

Participants who come to learn yoga are motivated by various personal needs. For people who believe in God, beside Hindus, may have the only aim to gain health, fitness, tranquility, and others, but very special for the participants who are Hindus directly can be said that they mostly want to explore their own religious teachings.

Factual field data showed that 100% of Hindus participants said that they came to learn yoga was not merely for health, but most important was they wanted to know one of the content of their religious teachings and explore deeper which is very helpful to improve the quality of the religious.

The transformation of the values contained in the teachings of religion is very necessary to arrange for religious people from early age to fill the spiritual spaces of children so that later they grow into a religious people. This can be done by a teacher in schools. Therefore, as an educator is deemed necessary to broaden religious knowledge as a capital of science so that teachers will feel more confident in educating children. *Yogasutra Patanjali* contains ethical knowledge, worldly and afterlife. *Yogasutra Patanjali* knowledge is not only very beneficial for ourself as Hindus, but further is very useful for an educator at the time of teaching in schools. Religious knowledge is very important to be disseminated to the Hindus educators in order to conduct *yadnya* in the form of knowledge/ *jnana*.

Religious teaching functions filling the spiritual spaces of beings, meeting the needs of spiritual sorely lacking. For most people, the thirst for the spiritual food should be balanced to meet the needs of the physical and material. The imbalance of these two needs lead to the disharmony of human health system because both of these needs affect each component of the human body. All components will lead to the harmonious of body system. If only the physical needs are met whilst spiritual needs are neglected, there will be disharmonious on the health system. It is caused by the emptiness of spiritual needs that cause imbalances of the body system. Religious education fills the spiritual space in a series of the two needs balance of human life.

2.2.3 The Value of Spiritual Tourism

Spiritual tourism erupted a few years ago. Today, it is promoted by various groups through the ease of various media such as print, audio, and internet media. Some travel, hotel and self-employed accommodate the needs of these tours. This spiritual tourism is packed with a varied package. There are spiritual travel package that serve the tourist to enjoy the scenery while going to the location of temples, whether in Bali or outside Bali. There are spiritual travel packages that serve the tourist to do self-purification and harmony. There are spiritual packages that cross the temple where the holy man had once crossed the temple / trail, and there are also spiritual travel packages that serve the tourist to enjoy the natural scenery which is added with yoga and meditation.

Yoga and meditation is one of the spiritual needs of human. There are several needs that the measurement of someone's satisfaction level different with other level. There are people who are on the level of satisfaction with the level of material; there are also some people that not yet satisfied with their spiritual needs. Healthy balance is shown by the fulfillment of both needs; physical and spiritual needs. Physical / material need which is already well established, often followed by the lack of fulfillment of spiritual needs. Living endowed with material often forgets God's essential in the spiritual. Sometimes, material can make spiritually empty. Spiritually empty attitudes are as follows; unsettled, rising anger, fear, too emotional, cannot concentrate, even frustration, stress and nerve pain (Cudamani, 1991: 6-7). In these circumstances, most people are looking for solutions to their lack of spiritual needs, even they are eager to satisfy their thirst by trying various spiritual activities to try from a spiritual to the other spiritual.

2.2.4 Universal Value

Apart from the physical and spiritual needs in general, the interest of the participants especially who are non-Hindu to yoga due to its assessment of universal values in yoga. It is delivered by some of the participants, either from Christian, Muslim or Buddhist. Consideration of participants is not limited as universal values are also present in the religion believed, but also participants from other nations outside of Indonesia such as Japan, the Netherlands etc.

Some of the data and reference above become a logic reason and broaden the perception of participants for participating in follow yoga with yoga universality of reason for all. Thus, yoga, for participant, is not limited chosen for health reason, physically and mentally to acquire homeostasis, but also for the reason that yoga is universal, embracing all without distinction.

3. CONCLUSION

Behind the public interest to come for learning yoga, it is driven by different motivations. Differences of various backgrounds either differences in age, gender, education, religion, race, nationality, social status, or occupation do not restrict them to be participants of Yoga. Motives of their arrival can be grouped in clusters, the internal needs and the external needs of participants. Internal needs related to the health needs, either the preventive or curative action. In addition, the motive of internal needs includes physical health, mental health, and the mind. Externally, there are economic motives and the motives of religious identity needs.

Therefore, the Hindu Dharma Association (PHDI) as the highest institution of Hindu education needs to more aggressively propagate yoga, considering the tremendous benefits of yoga, so it can be enjoyed by people of his own before enjoyed by more people outside Hindu.

Hindu Collage, Hindu Schools both in secondary level and the primary level, both public and private, yoga becomes urgent to be incorporated into the curriculum, considering that yoga is not merely to give benefits to health, but the fundamentals of *yama-nyama* become a source of learning the characters and establish students' discipline and Hindu students that have an impact in forming healthy generation, intelligent and good character as the hope of the nation.

All stakeholders who are involved in teaching either yoga instructors, yoga training center, spiritual groups, especially in this case the institution Yoga, Sutras of *Patanjali* should be served, taught by *ansih* without hiding the slightest contents of the original sutras which is the mandate of yoga, like the original flower essence which is good and needed to be consumed by beetles, although pollen is in place that is remote, distant, would be sought after by the beetles just because it's really pollen into their needs. Similarly, yoga, keep it traditional and original because of the good remains to be good and timeless.

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