



## PSYCHOBIOGRAPHY: RAGIL KENCONO DISCOVERS AND OVERCOMES HIS SUBPERSONALITY AND HIS FAMILY SUBPERSONALITIES

**Nabila Rahma Dewi\***  
Gunadarma University  
[nabilarade28@gmail.com](mailto:nabilarade28@gmail.com)

**Firly Nurazizah**  
Gunadarma University

**Dzikra Rahma Syakirah**  
Gunadarma University

**Riska Novianti**  
Gunadarma University

**Hesti Puspitarini**  
Gunadarma University

**Tyas Salbina**  
Gunadarma University

**Azizah Zahra**  
Gunadarma University

**Sri Haryani**  
Gunadarma University

**Alia Rohani**  
Gunadarma University

**Hendro Prabowo**  
Gunadarma University

### Abstract

*Psychobiography of Ragil Kencono, a 28-year-old man, has embarked on an emotionally and spiritually transformative journey. He has dedicated himself to the exploration of transpersonal psychology, guided by mentors who have continuously supported his path. Through this process, he has identified and integrated multiple subpersonalities within himself. Following his studies in transpersonal psychotherapy and participation in workshops on letting go, mindfulness, and compassion, Ragil not only uncovered his own subpersonalities but also successfully addressed sibling rivalry with his older brother, assisted his father in achieving greater self-understanding, and facilitated the resolution of one of his mother's subpersonalities. This biographical study aims to provide a detailed account of Ragil Kencono's journey in recognizing and integrating his subpersonalities. The research employs in-depth interviews with probing techniques, generating a comprehensive and chronological narrative of his life experiences from childhood to the present. The findings indicate that Ragil successfully identified and integrated his subpersonalities, as well as those of his family, through a structured four-stage process: recognition, acceptance, inclusion, and synthesis.*

**Keywords:** *Biography, Psychosynthesis, Subpersonality, Transpersonal Psychology*

### Abstrak

*Psychobiography Ragil Kencono, seorang pria berusia 28 tahun dengan perjalanan spiritual yang penuh haru. Usahanya mendalami psikologi transpersonal bersama para guru yang selalu mendampingi, Ragil menemukan subpersonalitas dalam dirinya dan mengatasinya. Setelah mempelajari psikoterapi transpersonal dan mengikuti workshop letting go, mindfulness, and compassion, Ragil tidak hanya membuka subpersonalitas yang ada pada dirinya, namun ia juga mampu mengatasi sibling rivalry dengan kakaknya, membantu ayahnya untuk memahami dirinya sendiri, dan mengatasi salah satu subpersonalitas yang dimiliki oleh ibunya. Penelitian biografi ini dilakukan untuk mendeskripsikan Ragil Kencono dalam proses menemukan dan mengatasi subpersonalitas. Peneliti mengumpulkan data dengan wawancara mendalam dengan probing, sehingga menghasilkan rangkaian cerita yang kronologis dan komprehensif mengenai pengalaman hidupnya dari kecil hingga saat ini. Hasil penelitian menunjukkan bahwa Ragil dapat menemukan dan mengatasi subpersonalitas dirinya beserta keluarganya dengan mengintegrasikan subpersonalitasnya berdasarkan empat tahapan yaitu recognition, acceptance, inclusion, dan synthesis.*

**Kata Kunci:** *Biografi, Psikosintesis, Psikologi Transpersonal, Subpersonalitas*

\*) Corresponding Author





## INTRODUCTION

Roberto Assagioli (1888–1974) was a pioneer of psychosynthesis, a psychological approach that integrates various subpersonalities (Mijares, 2024). He defined subpersonalities as distinct ego states, characterized as specific, organized patterns that exist independently of thoughts, emotions, and behaviors. Typically, these subpersonalities operate at the level of the middle unconscious, but they can emerge into conscious awareness when triggered by specific situations or life experiences. As a result, individuals may react differently depending on the circumstances that activate different subpersonalities.

Firman and Gila (2002) argue that subpersonalities develop in response to negative experiences, often termed emotional wounds. These wounds can result from intentional and unintentional neglect by people in one's environment, affecting both physical and emotional aspects. They may arise from significant figures' failure to provide empathetic responses or a lack of social responsiveness.

Emotional wounds can also start in ideal family environments, as certain commonly accepted parenting practices may still have harmful effects. Deep emotional wounds can transform subpersonalities into psychological defense mechanisms. These defense-oriented subpersonalities do not represent the authentic expression of an individual's "true self" but are mainly driven by the need to cope with emotional wounds.

As a result, these dynamics can lead to an individual's dependency on external conditions, with changes in the surrounding environment triggering the automatic activation of maladaptive or dysfunctional subpersonalities.

Subpersonalities are often linked to psychological inheritance, tracing back to parents, grandparents, or even more distant ancestors. Similar psychological patterns can be observed in cultural inheritance, which persists across generations within various cultural and religious traditions (Afandi et al., 2014). Subpersonalities become established through repeated experiences, leading to enduring patterns in an individual's life. This repetition resembles the phenomenon of fractals, which are recurring patterns that shape one's life trajectory and belief systems. Fractals can be understood as configurations that reappear throughout different phases of life (Prabowo, 2022).

Additionally, within the limits set by innate and physiological factors, subpersonalities may be connected to the body as a whole, specific anatomical structures, biological functions, or particular symptom manifestations. These elements collectively influence an individual's subjective experience (Redfearn, 1994).

This study utilizes a qualitative approach with biographical methods to provide a comprehensive account of Ragil Kencono's life journey. In addition to documenting essential aspects such as his educational background, professional trajectory, and interpersonal relationships, it also explores how Ragil identifies and manages his subpersonalities and those of his family members. This effort serves as a counterargument to the common belief that psychology graduates struggle to address issues involving their family members.

## LITERATURE REVIEW

Building on Assagioli's theoretical framework, Firman and Gila



(2002) introduce a conceptual model of the individual self-represented by an oval diagram known as the "egg diagram." This model divides the unconscious into three distinct levels: the higher unconscious, the middle unconscious, and the lower unconscious.

The higher unconscious contains noble potential, aspirations, intuition, creativity, inner voice, and spiritual energy. In contrast, the middle unconscious includes memory, cognition, emotions, elements of personality, and subpersonalities, such as sibling rivalry. Finally, the lower unconscious consists of instinctive drives and feelings of inferiority (Prabowo, 2022).

Assagioli's psychosynthesis concept views subpersonalities as a psychological mechanism for expressing transpersonal qualities and archetypes. Over time, psychosynthesis has evolved to focus on personal growth, self-actualization, and exploring the higher realms of the unconscious. It has become a foundational approach in existential, humanistic, and transpersonal psychology (Meriam, 1994).

In transpersonal psychosynthesis, subpersonalities play a crucial role in shaping an individual's personality. They embody various traits, needs, and desires expressed through distinct emotional and cognitive patterns. Each subpersonality comprises specific configurations of attitudes, emotions, perceptions, drives, habits, and cognitive elements that develop in response to recurring life experiences. These subpersonalities have unique characteristics and serve particular psychological functions (Prabowo, 2022; Rowan, 1990).

A primary source of subpersonalities is the personal unconscious, which is significantly influenced by early familial experiences, including traumas that occur before birth and during the perinatal period (Rowan, 1990). Consequently, subconscious psychological patterns are often passed from mother to child, shaped by the bond established during pregnancy or the early stages of life (Afandi et al., 2014).

Building on this foundation, Firman and Gila (2002) outline specific stages for integrating subpersonalities. This process aims to restore coherence and unity within an individual's personality expression, often revealed through problematic behavioral patterns. Integrating subpersonalities involves essential stages that regulate a person's internal psychological dynamics. Below are the specific stages for integrating subpersonalities:

Recognition involves developing a deeper awareness of our internal experiences, such as moods, desires, emotions, and the wounded aspects of ourselves. The process begins with introspection, where individuals actively observe their thoughts and feelings. This approach is similar to meditation or contemplation, in which one considers the contents, structure, and contextual factors that shape one's consciousness. With consistent practice over days, months, or even years, individuals can improve their ability to identify and influence deeply ingrained psychological patterns within their inner world.

Acceptance marks the beginning of empathetic interaction with our subpersonalities. This process promotes empathy, trust, and respect while also setting boundaries to minimize dysfunctional behaviors. As a



result, it helps reduce internal conflicts and resolves struggles within ourselves. When tensions occur in our relationship with these subpersonalities, it is essential to cultivate acceptance to ease inner discord.

Inclusion, or "living together," is an ongoing process of integrating subpersonalities into one's personality. This approach recognizes subpersonalities as valuable parts of the self, providing them essential space in daily life to aid in healing inner wounds.

Synthesis occurs when subpersonalities interact creatively, leading to expressions that resonate with an individual's core values. Actively engaging with these subpersonalities can help alleviate feelings of anxiety, anger, and depression that stem from internal conflict. This synthesis represents a shift in consciousness toward a higher level of self-expression, supported by subpersonalities from the middle unconscious. This transformation reflects authentic personality development and progress toward conscious self-realization, rather than eradicating or disappearing subpersonalities.

## METHOD

This study used a qualitative approach. Qualitative research is a methodological process that enhances scientific understanding by identifying significant new distinctions through an in-depth examination of the investigated phenomenon (Aspers & Corte, 2019). Furthermore, qualitative research involves open-ended interviews, observations, and the analysis of perspectives and emotions expressed through the behaviors of individuals or groups (Moleong, 2015).

This study utilizes the biographical method, which provides a detailed account of an individual's life. In addition to documenting essential aspects such as education, career, relationships, and mortality, a biography also delves into the individual's experiences and personal interpretations of these life events (Magdalena, 2014). The primary aim of a biography is to present someone's life story to an audience, offering insights into their journey. Writers may create a biography because they are intrigued by the subject's narrative or its significance to contemporary society (Hanioglu, 2011).

As cited in Emzir (2011), Denzin outlines five procedural stages of biographical research: (1) The researcher starts by documenting the subject's life journey, emphasizing key developmental stages such as childhood, adolescence, adulthood, and old age. These experiences may be presented chronologically or categorized into significant life events, including education, marriage, and career milestones. (2) The researcher interviews the subject to gather detailed narratives that reconstruct life experiences into cohesive stories. This stage prioritizes capturing the essence of lived experiences through direct accounts. (3) The collected narratives are systematically organized around central themes that highlight pivotal events in the individual's life, creating a structured framework for analysis. (4) The researcher interprets these narratives by considering the subject's reflections, aiming to uncover more profound insights into their significance and the various layers of meaning embedded in their life experiences. (5) The researcher analyzes broader structural elements that shape



meaning, including social interactions, cultural influences, and historical contexts. This stage involves examining life experiences about broader societal and historical frameworks, allowing for individual or comparative interpretations, especially if multiple subjects are included in the study.

## RESULT

Ragil Kencono, a Learning Support Assistant, was born in Bekasi on November 2, 1994. He is the second of three siblings, all actively involved in psychology-related activities. Ragil earned his degree in psychology from Gunadarma University. He attended schools near his home in Bekasi during his early education, from kindergarten through junior high school.

Ragil's exploration of his subpersonalities began with his reading of "Dialog Antara Tasawuf dan Psikologi" (Dialogue Between Sufism and Psychology), which discusses Abraham Maslow's hierarchy of needs, ranging from basic physiological necessities to the state of self-actualization. The text also introduces the concept of peak spiritual experiences that go beyond self-actualization. Inspired by these ideas, Ragil sought to deepen his understanding of this theory by studying transpersonal psychology. His journey in this field eventually led him to his mentor, Mr. Hendro Prabowo. Ragil first met Mr. Hendro while attending a "letting go" workshop he organized.

During the letting-go workshop, participants took part in role-playing exercises. As others shared their stories and expressed their emotions through tears, Ragil felt a deep connection, experiencing the same feelings as the group. This process enabled him to

release emotions he had long kept suppressed. The workshop also explored the concepts of resonance and fractals, helping Ragil recognize their influence on the recurring patterns in his life.

After this transformative experience, Ragil continued his journey of self-discovery by attending additional workshops focused on mindfulness and compassion. He also participated in a parenting program in Yogyakarta and explored the concept of false selves and the recognition of one's true self through inner child work. These experiences deepened his understanding of subpersonalities and their origins within himself and his family.

The earliest emergence of Ragil's subpersonality can be traced back to his unconscious, specifically due to prenatal trauma passed on by his mother. During her pregnancy, she frequently experienced fear, worry, and anxiety stemming from her husband's work obligations. This emotional distress contributed to the development of Ragil's subpersonalities, which demonstrated tendencies toward fearfulness.

As time went on, Ragil's psychological responses evolved, leading him to exhibit defiant and domineering behaviors, including bullying his peers. These behaviors served as a compensatory mechanism, allowing him to counterbalance his deeply rooted feelings of inferiority.

The birth of Ragil's younger sibling led to the development of subpersonalities, including those of a lover and feelings of sibling rivalry. This change caused Ragil to feel displaced, as he sensed a shift in his parents' attention and affection toward his new sibling. As a result, these emotions





significantly influenced the formation of his subpersonalities.

As Ragil entered puberty, a time characterized by numerous physical, biological, and psychological changes, his lover subpersonality became more pronounced. His perception of receiving less parental attention and affection contributed to the emergence of the attention seeker and lover subpersonalities. This drove him to seek validation and emotional connection from others, particularly from the opposite sex.

Additionally, from an early age, Ragil received guidance about pursuing or avoiding relationships with individuals from certain subcultures. This direction ultimately contributed to his tendency to form close relationships with members of the opposite sex from those subcultures. In this context, the deep emotional wounds and feelings of inferiority that Ragil experienced have driven the evolution of his subpersonalities into psychological defense mechanisms, serving as direct responses to those emotional wounds.

Ragil's older brother displays an offensive and troublemaker subpersonality, having shown these troubling tendencies since childhood. This subpersonality persisted into adulthood and influenced his professional identity as a reporter and journalist, known for provoking discussions and stirring controversy.

In contrast, Ragil's mother has a bossy and high-class subpersonality, reflecting authoritative traits and a strong preference for status and distinction. On the other hand, Ragil's father shares the same subpersonality with Ragil as a seeker of spiritual knowledge, characterized by a deep curiosity and commitment to exploring spiritual wisdom.

## DISCUSSION

During his journey, Ragil recognized several subpersonalities within himself, such as the fearful side, the attention seeker, the lover, and the loner. This discussion will explore the incidents that contributed to developing these subpersonalities and how Ragil has integrated them into his identity and family dynamics.

According to Firman and Gila (2002), the framework for subpersonality integration, Ragil recognized and developed awareness of his subpersonalities by engaging in practices such as letting go, mindfulness, and compassion training. These exercises helped him gain deeper insight into his inner self, revealing that his fearful subpersonality originated from the personal unconscious. This was particularly due to prenatal trauma transmitted by his mother and an inherent need for security.

Ragil's increased self-awareness helped him realize that his ongoing insecurities prompted him to avoid risks and seek refuge in familiar, comfortable environments, often hindering his personal growth (Prabowo, 2022).

Ragil also recognized the presence of two subpersonalities within himself: the attention seeker and the sibling rival. This realization stemmed from his feeling that his parents' attention and affection had shifted towards his younger sibling. This situation reflects a broader psychological tendency where children with unmet emotional needs develop a strong desire for attention.

Furthermore, these subpersonalities were shaped by an inherent desire for approval, the need to be acknowledged, loved,



appreciated, supported, praised, and noticed (Prabowo, 2022).

Ragil's seeker subpersonality transformed from a desire for attention into a profound quest for God and spiritual knowledge. This journey eventually led him to his teacher, Mbah Boyo, who guided him in deepening his spiritual understanding. Ragil participated in five weekly sessions with Mbah Boyo, during which his mentor presented him with ten verses from the Quran to help address his inquiries. At that time, Ragil's seeker subpersonality was entirely devoted to exploring theological and spiritual concepts.

After meeting Mbah Boyo, Ragil embraced the art of surrender, which ultimately dissolved his seeker subpersonality. With his questions about God answered and extensive knowledge gained from spiritual studies, he has achieved a state of fulfillment in his spiritual journey.

Following his encounter with Mbah Boyo, Ragil advanced to the second stage of subpersonality integration: acceptance. This phase began during a profound journey in which Ragil embarked on a mountain climb and encountered two younger individuals. Through this experience, he learned to overcome fear, resist isolation, and cultivate independence, as he was responsible for guiding and protecting his companions throughout the climb.

Ragil's journey continued at Pondok Tetirah Dzikir, where he met Pak Dono, who instructed him in Dzikir Qohfi and Dzikir Jahriah. Ragil practiced these techniques consistently, and the discipline of dzikir fostered a sense of inner tranquility. This newfound calm deepened his understanding of his older brother's subpersonalities. With this insight, Ragil introduced

meditation techniques to his brother. As a result, his brother, who had previously exhibited aggression, provocation, rebelliousness, and divisiveness, transformed into a more peaceful individual. He began to avoid conflicts and opposition, ultimately becoming a peacemaker.

After Ragil dissolved his fearful and seeker subpersonalities, he experienced a profound sense of calm through his spiritual journey. His consistent practice of dzikir led him to another spiritual teacher who could heal his father, who was suffering from a non-medical illness caused by external influences.

Ragil was made aware of unresolved spiritual issues that needed attention through his mentor. He was introduced to the art of knowledge transmission via spiritual pathways to counteract negative energy. The vibrations generated by Ragil's regular practice of dzikir helped unlock his mother's subpersonalities, particularly her bossy and high-class tendencies.

The phases of inclusion and synthesis represent the ongoing process of integrating these subpersonalities into a cohesive and sustainable overall personality. This process involves recognizing subpersonalities as valuable internal components and allowing them space in daily life to aid in healing inner wounds.

Harmonizing subpersonalities leads to expressions that align with deeply held values, promoting a more conscious and authentic self-realization. During this process, the fearful subpersonality may gradually step beyond its comfort zone, allowing for personal growth and the pursuit of new opportunities. Similarly, the seeker subpersonality supports Ragil in



exploring spiritual knowledge and meditation, helping him cultivate acceptance, sensitivity, tranquility, and inner peace while facilitating positive opportunities. Additionally, Ragil learns to perceive and remove negative energy from external influences.

Ragil's attention-seeker subpersonality also spurred his pursuit of psychological compensation, motivating him to study more diligently. As a result, his academic performance improved, leading to a higher GPA during his college years and earning him recognition and respect from his peers.

Ragil not only integrated his subpersonalities but also successfully assisted his older brother in reconciling his subpersonalities. He supported his father in recovering from a non-medical illness and contributed to his mother's business growth. These efforts facilitated healing within the family and promoted prosperity, ensuring abundant food during holidays and attracting greater financial stability.

Ultimately, Ragil's lover subpersonality did not disappear. Instead, it transformed. He cultivated greater self-awareness and emotional regulation through intentional self-examination and inner purification. This enabled him to manage and control his impulses when interacting with women, allowing his lover subpersonality to emerge in a more balanced and composed manner.

Identifying and integrating subpersonalities does not mean abandoning or rejecting them. Instead, it allows individuals to utilize them as valuable tools for awareness, expression, and purposeful action, making them readily accessible when needed (Carter-Haar, 1975). Ragil experienced a sense of liberation by

recognizing his multiple subpersonalities, which significantly increased his self-awareness. This heightened awareness created a vibrational resonance noticeable to his parents and sister, resulting in empathic connections within the family (Firman & Gila, 2002). As a result, this resonance deepened their sense of openness and awareness within Ragil's family.

## CONCLUSION

Based on the findings of this research, Ragil first became aware of his subpersonalities through his engagement with transpersonal psychotherapy. This journey of integrating his subpersonalities has profoundly reshaped his life. Additionally, Ragil has expanded his awareness through spiritual experiences shared by his mentors, which have helped him identify, unlock, and integrate both his subpersonalities and those of his family members.

For further research, it is recommended that a larger group of respondents be included to enable a more comprehensive comparison of data and to gather more in-depth information regarding the stages of subpersonalities integration.

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