



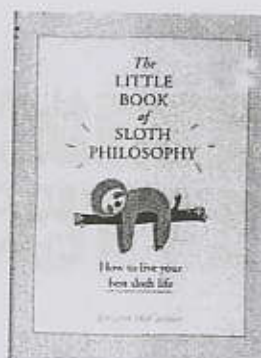
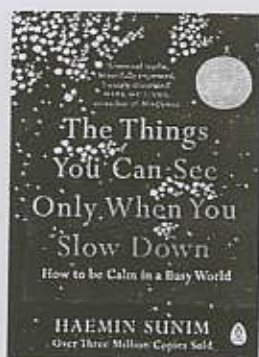
PARAHYANGAN CATHOLIC UNIVERSITY

26 APRIL 2019

SLOW SOFIA

IMPACT OF CULTURAL ACCELERATION

FERNANDO MULIA





THE OLDEST HISTORICAL MENTION OF NOODLES
APPEARS IN A DICTIONARY
FROM THE THIRD CENTURY A.D.
IN CHINA.

NOODLE MAKING

**DO WE NEED
THAT KIND OF FAST?**

WHAT'S GOING ON? PART OF THE ANSWER IS SIMPLE ECONOMICS

AS ECONOMIES GROW,
AND THE INCOMES OF THE BETTER-OFF HAVE RISEN OVER TIME,
TIME HAS LITERALLY BECOME MORE VALUABLE:
ANY GIVEN HOUR IS WORTH MORE,
SO WE EXPERIENCE MORE PRESSURE TO SQUEEZE IN MORE WORK.
BUT IT'S ALSO A RESULT OF THE KIND OF WORK IN WHICH MANY OF US ARE ENGAGED.
IN FORMER ERAS, DOMINATED BY FARMING OR MANUFACTURING,
LABOR COULD CERTAINLY BE PHYSICALLY PUNISHING – BUT IT OBEYED CERTAIN LIMITS.
YOU CAN'T HARVEST THE CROPS BEFORE THEY'RE READY;
YOU CAN'T MAKE MORE PHYSICAL PRODUCTS
THAN THE AVAILABLE MATERIAL ALLOWS

WATCH OUT FOR TIME DEBTS

THE **TIME DEBT**, IS WHAT ACCRUES WHENEVER
YOU DO WORK THAT FEELS PRODUCTIVE,
BUT
THAT IN REALITY HAS THE EFFECT OF
GENERATING MORE WORK, LATER ON.

HISTORICALLY
THE ULTIMATE SYMBOL OF WEALTH,
ACHIEVEMENT AND SOCIAL SUPERIORITY WAS
THE FREEDOM NOT TO WORK: THE TRUE BADGE OF HONOUR,
AS THE 19TH CENTURY ECONOMIST THORSTEIN VEBLÉN PUT IT, WAS LEISURE.

NOW
IT'S BUSYNESS THAT HAS BECOME THE INDICATOR OF HIGH STATUS.
"THE BEST-OFF IN OUR SOCIETY ARE OFTEN VERY BUSY, AND HAVE TO BE,"
"YOU ASK ME, AM I BUSY?,
AND I TELL YOU:
'YES, OF COURSE I'M BUSY – BECAUSE I'M AN IMPORTANT PERSON!'"

**SOMEHOW,
MAYBE WE'RE ADDICTED
BEEING BUSY**

TECHNOLOGY DRIVEN SOCIETY

WHERE DO WE WORK?

1800's



At the beginning,
We work at home

Industrial
Revolution



We were working
away from home

Office
was Born



Office was born and we
are working at the office

Office
Evolving



Office start to look
like home

WHERE WILL WE WORK?



AT THE END
WE'RE BACK
WORKING FROM HOME

WHAT DRIVE THE WORLD'S CHANGES?

THE WORLD IS EVOLVING

**DIGITAL
TECHNOLOGY**

Rapid New Technology
development

**DIGITAL
CULTURE**

New culture,
that even doesn't exist
10 years ago

**DIGITAL
BUSINESS**

New Business,
new job that never been
think before



THE AVERAGE ATTENTION
SPAN OF A HUMAN IN
2000



THE AVERAGE ATTENTION
SPAN OF A HUMAN IN
2013



THE AVERAGE ATTENTION
SPAN OF A
GOLDFISH



**15 SIGNS
YOU ARE TOO BUSY
AND SHOULD STOP**

#01

**YOU HARDLY SEE
YOUR FAMILY**

#02

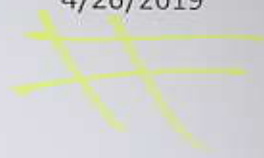
**YOU'VE LOST
YOUR SENSE OF
PURPOSE OR MEANING**

#03

**YOU'RE CONSTANTLY
TRYING TO MEET
THE EXPECTATIONS
OF OTHERS**

#04

**YOU'RE UNABLE
TO BE PRESENT**



#05

YOU'RE EXHAUSTED

#06

**YOU FEEL LIKE
YOU ARE FAILING
IN MULTIPLE AREAS
OF YOUR LIFE**

#07

**YOU DON'T TAKE
VACATIONS
EVER**

#08

**YOU HAVE A HARD TIME
FOCUSING ON
ONE TASK FOR
MORE THAN 10 MINUTES**

#09

**YOU ARE UNHAPPY AND
YOU DON'T KNOW WHY**

#10

**YOU ARE PARALYZED
WHEN IT'S TIME
TO MAKE DECISIONS,
BIG OR SMALL**

#11

**YOU DON'T
ASK FOR HELP**

#12

**YOU DON'T REMEMBER
WHAT YOU HAD FOR
BREAKFAST
(POSSIBLY BECAUSE YOU
ROUTINELY SKIP BREAKFAST)**

#13

**YOUR WORKSPACE
IS MESSY
(AND YOU DREAD
GOING THERE)**

#14

**YOU DOUBLE-BOOK OR
MISS APPOINTMENTS**

#15

YOU'RE LONELY

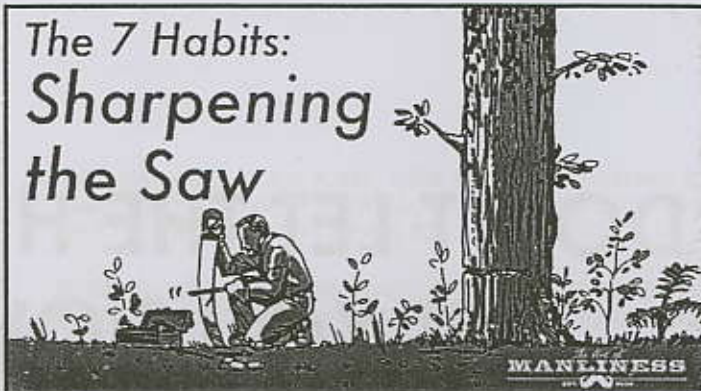
SO ARE YOU TOO BUSY?

**HOW TO BE CALM
IN A BUSY WORLD?**

WHY AM I SO BUSY?

WHEN EVERYTHING
AROUND ME IS MOVING SO FAST,
ASK QUESTION:
**IS IT THE WORLD THAT IS
BUSY, OR IS IT MY MIND?**

**YOU CAN CONTROL
YOUR TIME**



**THE 7 HABITS
OF HIGHLY EFFECTIVE PEOPLE**
1989



LESSONS FROM SLOTH

DON'T LET THE HATERS GET YOU DOWN



GEORGES LOUIS LECLERC, COMTE DE **BUFFON**
FRENCH NATURALIST



THESE SLOTHS ARE THE LOWEST
FORMS OF EXISTENCE, ONE MORE
DEFECT WOULD HAVE MADE THEIR
LIVES IMPOSSIBLE.

1749. ENCYCLOPAEDIA OF LIFE SCIENCES

SLOTH SLOW METHOD



THEIR SLOWNESS IS AN ASSET, THEIR UNUSUAL ANATOMY IS ASSET, THEY'RE LIVING THEIR SLOW, SLOTHFULL LIVES THE WAY THEY WERE ALWAYS MEANT TO.

SCIENTIST ARE NOW LEARNING WHAT SLOTHS ALREADY KNOW: MOVING SLOWLY HAS ITS BENEFITS. ACTIVITIES LIKE YOGA AND TAI CHI (SLOW MOVEMENT THERAPY) HAVE BEEN PROVEN TO REDUCE CHRONIC PAIN. SLOW DOWN FOR BETTER LIFE.

SLEEP IN

SLOTH SLOW METHOD

EAT SLOWLY

LEAVE YOUR PROBLEMS


Slow Food®



WHY THE NAME SLOW FOOD?
IT'S A WAY OF SAYING NO TO THE RISE OF FAST FOOD AND
FAST LIFE. SLOW FOOD MEANS LIVING AN UNHURRIED LIFE,
TAKING TIME TO ENJOY SIMPLE PLEASURES, STARTING AT THE
TABLE.

SLOTH HAVE A LOT COMMON WITH THE SLOW FOOD
MOVEMENT WHICH STARTED IN ITALY IN THE 1980S AS AN
ANTIDOTE TO FAST FOOD.

SLOTH'
SLOW
METHOD

SLOTH' SLOW METHOD

S

SLEEP IN

SLOTH' SLOW METHOD

L

LEAVE YOUR PHONE AT HOME

SLOTH' SLOW METHOD

O

OPT OUT

SLOTH' SLOW METHOD

W

WHAT'S THE RUSH?

Belajar Lambat:
Memilih Cara dan Bahan

SLOW DOWN

Abstrak

Penelitian ini bertujuan untuk mengetahui bagaimana proses belajar lambat yang dialami oleh siswa yang mengalami kesulitan belajar. Penelitian ini menggunakan pendekatan kualitatif dengan metode pengumpulan data melalui wawancara, observasi, dan dokumentasi. Hasil penelitian menunjukkan bahwa siswa yang mengalami kesulitan belajar cenderung memiliki gaya belajar yang lambat dan membutuhkan waktu yang lebih lama untuk memahami materi. Selain itu, siswa tersebut juga mengalami kesulitan dalam memahami materi yang diajarkan di sekolah. Oleh karena itu, guru perlu memperhatikan gaya belajar siswa yang mengalami kesulitan belajar dan memberikan pendekatan pembelajaran yang sesuai dengan gaya belajar tersebut. Penelitian ini diharapkan dapat memberikan informasi yang berguna bagi guru dan orang tua dalam membantu siswa yang mengalami kesulitan belajar.