

## ABSTRAK

**Nia Ariestha Azis, 110710107, Strategi Coping Terhadap Kecemasan Pada Wanita Hamil Dengan Riwayat Keguguran di Kehamilan Sebelumnya. Skripsi, Fakultas Psikologi Universitas Airlangga, 2015**

xiv + 158 halaman, 12 lampiran

*Penelitian ini bertujuan untuk mengidentifikasi strategi coping pada kecemasan akan keguguran yang berulang pada wanita hamil dengan riwayat keguguran di kehamilan sebelumnya. Coping dalam penelitian ini merujuk pada proses untuk mengelola kecemasan yang berasal dari diri individu dengan sumber daya yang digunakan untuk menghadapi situasi pemicu kecemasan. Strategi coping digolongkan menjadi dua, yaitu coping yang berfokus pada masalah dan strategi coping yang berfokus pada emosi.*

*Penelitian ini dilakukan dengan menggunakan pendekatan kualitatif, dengan metode studi kasus terhadap subjek wanita hamil dengan riwayat keguguran di kehamilan sebelumnya dan diukur dengan menggunakan *generalized anxiety disorder questionnaire for DSM-IV*. Penggalan data dan informasi dilakukan dengan menggunakan wawancara. Penggalan data juga dilakukan kepada *significant other* dari tiap subjek penelitian, untuk melakukan pengecekan kembali data yang telah diperoleh dari subjek.*

*Hasil dari penelitian ini adalah subjek pertama menggunakan *problem focused coping*, yaitu *confrontive coping*, mencari dukungan sosial, dan merencanakan pemecahan masalah. Serta *emotion focused coping* yaitu *accepting responsibility, self control, escape avoidance, positive reappraisal*. Pada subjek kedua menggunakan *problem focused coping*, yaitu *confrontive coping*, mencari dukungan sosial, dan merencanakan pemecahan masalah. Serta *emotion focused coping* yaitu *accepting responsibility, distancing, self control, escape avoidance, positive reappraisal*. Dan pada subjek ketiga menggunakan *problem focused coping*, yaitu *confrontive coping*, mencari dukungan sosial, dan merencanakan pemecahan masalah. Serta *emotion focused coping* yaitu *self control, escape avoidance, dan positive reappraisal**

**Kata kunci:** strategi coping, kecemasan, wanita hamil, keguguran

Daftar pustaka, 36 (1984 - 2012)

**ABSTRACT**

**Nia Ariestha Azis, 110710107, Coping Strategies on Anxiety in Pregnant Women with The History of Miscarriage in The Previous Pregnancy. Thesis, Faculty of Psychology, Airlangga University, 2015**

xiv + 158 pages, 12 appendices

*This research was aimed to identify coping strategies on anxiety of repetitive miscarriage in pregnant women with the history of miscarriage in the previous pregnancy. In this research, coping refers to the process to manage a problem coming from individual with resources used to deal the situation which triggers anxiety. Coping strategies are categorized into problem-focused coping and emotion-focused coping.*

*This research was conducted using qualitative approach with the method of case studies on pregnant women with the history of miscarriage in their previous pregnancy and measured by using generalized anxiety disorder questionnaire for DSM-IV. The data and information were collected using interviews. The data collection was also performed to significant other from each subject of the study, to recheck obtained data from the subject.*

*The results of this research were that the first subject used problem-focused coping, including confrontive coping, seeking for social support, and planning to solve the problem. And also emotion-focused coping included accepting responsibility, self-control, escape avoidance, and positive reappraisal. Meanwhile, the second subject used problem-focused coping which include confrontive coping, seeking for social support, and planning to solve the problem and also emotion-focused coping included accepting responsibility, distancing, self-control, escape avoidance, positive reappraisal. The third subject used problem-focused coping which were confrontive coping, seeking for social support, and planning to solve the problem and also emotion-focused coping including self-control, escape avoidance, and positive reappraisal*

**Keywords:** Coping Strategy, Anxiety, Pregnant Women, Miscarriage

References, 36 (1984 - 2012)