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ABSTRAK

Nurul Akmalah, 110810179, *Psychological Well Being* pada Ibu Usia Dewasa Madya yang Berada pada Fase Sangkar Kosong, Skripsi, Fakultas Psikologi Universitas Airlangga Surabaya, 2012.

xix + 170 halaman, 4 lampiran

Penelitian ini bertujuan untuk mengetahui dinamika dan faktor-faktor yang mempengaruhi psychological well being yang terjadi pada ibu yang berada pada fase sangkar kosong. Psychological well being adalah keadaan sehat secara psikologis di mana individu dapat menerima kelebihan dan kelemahannya, memiliki hubungan yang baik dan hangat dengan orang lain, mampu mengarahkan perilakunya sendiri, mampu mengembangkan potensinya secara berkelanjutan, mampu menguasai lingkungan sekitarnya, serta memiliki tujuan dan arah dalam hidupnya.

Penelitian ini menggunakan pendekatan kualitatif dengan metode studi kasus intrinsik. Jumlah subyek dalam penelitian ini adalah tiga orang ibu usia dewasa madya yang berprofesi sebagai ibu rumah tangga, telah ditinggal oleh anak-anaknya selama lebih kurang dua tahun (berada pada fase sangkar kosong). Subyek penelitian dipilih dengan teknik purposive sampling. Pengambilan data dilakukan di Kediri dan Surabaya dengan menggunakan teknik wawancara dan observasi. Pengolahan data dilakukan dengan analisa tematik dengan tiga koding (open, axial, selective).

Hasil penelitian ini menunjukkan bahwa ibu usia dewasa madya yang berada pada fase sangkar kosong mengalami perasaan sedih dan merasa kehilangan anak-anak, bahkan ada yang merasa stres, khawatir, dan kehilangan perannya sebagai seorang ibu. Muncul 3 jenis dinamika psychological well being pada ibu yang berada pada fase sangkar kosong. Dimensi penguasaan lingkungan muncul dengan karakteristik dapat mengatur dan memanfaatkan lingkungan sekitarnya dengan lebih baik dan juga aktif terlibat dalam kegiatan yang ada di lingkungan sekitarnya. Dimensi tujuan hidup juga terlihat dengan adanya prinsip hidup yang diyakini, sehingga mampu mengarahkan hidupnya dengan baik. Dimensi otonomi tergambarkan dari semangat berjuang untuk kehidupan yang lebih baik bersama anak-anak dan cucu-cucunya. Beberapa faktor yang mempengaruhi kondisi psychological well being pada ibu usia dewasa madya pada fase ini adalah dukungan sosial, tingkat religiusitas, dan adanya aktivitas tambahan.

Kata kunci: Psychological well being, ibu usia dewasa madya, fase sangkar kosong

Daftar Pustaka, 34 (1975 - 2011)

ABSTRACT

Nurul Akmalah, 110810179, Psychological Well Being in The Middle-Age Mother Who were in The Empty Nest Phase, *Undergraduate Thesis*, Faculty of Psychology Airlangga University Surabaya, 2012.

xix + 170 pages, 4 enclosure

This study aims to determine the dynamics and factors that affect psychological well being which occurs in middle-aged mother who were in the empty nest phase. Psychological well being is a state of mental health in which an individual can receive advantages and disadvantages, have a good and warm relations with others, can be able to direct their own behavior, continue to develop their potential, mastering the surrounding environment, and has a purpose and direction in life.

This study used a qualitative approach to the intrinsic study case method. The number of subjects in this study were three middle-aged mother who work as housewife, had been abandoned by their children for about two years (phase of empty nest). Subjects were selected by purposive sampling technique in order to obtain data that can represent research themes. Data were collected in Kediri and Surabaya using interview and observation techniques. Data processing done by thematic analysis with three coding (open, axial, selective).

The results of this study show that middle-aged mother who were in the empty nest phase experience feelings of sadness and feeling lost the children, some even felt stressed, worry, and lose its role as a mother. The dynamics of psychological well being in the middle-aged mother who were in the empty nest phase appear in 3 types. Environmental mastery appears to be better to set up and utilize the characteristics of the surrounding environment and also actively involved in the activities in the surrounding environment. Purpose of life is also seen with the principle of life that is believed, so as to direct the life well. Autonomy showed from motivate to fight for a better life with her children and grandchildren. The study also found that there are several factors that affect the psychological well being in the middle-aged mother who were in the empty nest phase, including social support, level of religious, and any additional activities other than as a housewife.

Keyword: *Psychological well being, middle-aged mother, empty nest phase*
References, 34 (1975 - 2011)

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