

ABSTRAK

Ario Chandra Jonathan, 111311133010, Strategi *coping stress* pasca perceraian ibu tunggal yang bekerja, Skripsi, Fakultas Psikologi, Universitas Airlangga Surabaya xv + 182 halaman, 144 lampiran

Penelitian ini bertujuan untuk mengetahui dinamika *stress* pasca perceraian dan strategi *coping* yang digunakan ibu tunggal yang bekerja. Penelitian ini menggunakan pendekatan deskriptif kualitatif dengan metode studi kasus. Partisipan dalam penelitian ini adalah tiga orang. Ketiga partisipan menjadi ibu tunggal akibat bercerai dengan suami dan memiliki hak asuh penuh atas anak mereka. Teknik pengambilan data dalam penelitian ini adalah wawancara dan pemberian kuesioner gejala *stress*.

Hasil penelitian menunjukkan dinamika *stress* pada ibu tunggal melibatkan gejala *stress*, sumber *stress*, dan respon terhadap *stress*. Pasca bercerai dengan suami ibu tunggal menunjukkan gejala *stress* berupa meningkatnya tekanan darah, mudah marah, sering menunda pekerjaan, perubahan pola makan, peningkatan pola konsumsi rokok, dan gangguan tidur. Sumber *stress* pada ketiga partisipan adalah hadirnya ‘orang ketiga’ dalam rumah tangga mereka. Respon terhadap *stress* yang ditunjukkan ketiga partisipan adalah *anxiety*, *anger and aggression*, dan *cognitive impairment*. Pada penelitian ini juga ditemukan perbedaan penghayatan emosi terhadap *stressor* perceraian antar ibu tunggal. Partisipan 1 dan 3 memiliki penghayatan emosi yang cenderung negatif terhadap perceraian dan menganggap *stressor* tersebut sebagai *traumatic event*. Sedangkan partisipan 2 memiliki penghayatan emosi yang positif terhadap perceraian dan hanya menganggap *stressor* minor sehingga bisa cepat bangkit dari keterpurukan. *Coping stress* pasca perceraian yang dilakukan ibu tunggal yang bekerja meliputi *planfull problem solving*, *confrontative*, *seeking for social support*, *distance*, *escape/avoidance*, *positive reappraisal*, *self-control*, dan *acceptance responsibility*. Dari hasil penelitian ini ditemukan pula kompleksitas *stressor* pada partisipan yang menyebabkan *multiple stress*. Temuan ini berbanding lurus dengan penelitian Chinaveh (2013) dimana individu yang gagal mengatasi tekanan-tekanan akan mengalami kelelahan mental dan fisik atau terserang penyakit.

Kata Kunci: Ibu Tunggal yang Bekerja, *Stress* Pasca Perceraian, *Coping Stress*

Daftar Pustaka: 70 (1984 – 2017)

ABSTRACT

Ario Chandra Jonathan, 111311133010, *coping stress strategy of post-divorce working single mother*, Skripsi, Fakultas Psikologi, Universitas Airlangga Surabaya xv + 182 pages, 144 attachments

This study aims to discover the dynamic of post-divorce stress and the coping stress strategy of working single mother. This study used a qualitative descriptive approach with case study method. Participants in this study were three people. All of the participants became single mother because of divorce and having full responsibility of their child custody. Data collection techniques in this study were interviews and questionnaires about stress symptoms.

The results showed stress dynamics of single mothers involving stress symptoms, source of stress, and the response towards stress. After the divorce, single mothers showed stress symptoms such as increased blood pressure, irritation, often putting of works, change in eating habit, increased in tobacco consumption, and sleep disorder. The source of stress of the three participants is the existence of a 'third party' that disturbed their household. Response toward stress that all of the participants shown were anxiety, anger and aggression, and cognitive impairment. In this research was found the different of emotional appreciation toward divorce stressor among single mothers. Participant 1 and 3 have negative emotional appreciation toward their divorce and were assuming the stressor as a traumatic event. Whereas participant 2 has positive emotional appreciation toward her divorce and was assuming as a minor stressor, so that could be rise from adversity. Coping stress that were shown of post-divorce working single mothers were planfull problem solving, confrontative, seeking for social support, distance, escape/avoidance, positive reappraisal, self-control, and acceptance responsibility. This study found the complexity of stressor on the participants that brought multiple stress. These findings is instead of straight with the research of Chinaveh (2013) where a person who fails to cope with harmful stimuli might suffer from mental or physical exhaustion or disease.

Keywords: Working Single Mother, Post-Divorce Stress, Coping Stress

Bibliography: 70 (1984 – 2017)