

RESILIENSI PADA PEREMPUAN YANG PERNAH HAMIL DI LUAR NIKAH

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ABSTRAK

Banyak kasus di lapangan terkait perempuan yang pernah hamil di luar nikah merasa stres dan depresi hingga trauma akibat penolakan dari keluarga maupun masyarakat sekitar. Beberapa kasus perempuan yang pernah hamil di luar nikah tetap berusaha bertahan dan tidak membiarkan perasaan negatif yang dirasakan terus berlarut-larut yang mana hal itu berkaitan dengan resiliensi. Resiliensi adalah kemampuan untuk bertahan dan beradaptasi terhadap kejadian yang berat, membuat diri jauh lebih baik akibat pengalaman trauma yang terjadi dalam hidup. Tujuan penelitian ini untuk mengetahui dan memahami gambaran resiliensi pada perempuan yang pernah hamil diluar nikah. Metode penelitian yang digunakan yaitu metode kualitatif dengan pendekatan studi kasus. Teknik pengambilan subjek menggunakan purposive sampling, yang terdiri dari 3 perempuan yang pernah hamil di luar nikah dan 3 significant other. Proses pengambilan data menggunakan wawancara semi terstruktur, observasi non partisipan, dan dokumentasi. Hasil penelitian menunjukkan bahwa ketiga subjek memiliki resiliensi sesuai dengan ketujuh aspek resiliensi menurut Reivich & Shate (2002), yaitu regulasi emosi, impulse control, optimism, causal analys, empati, efikasi diri dan reaching out. Ketiga subjek mengalami cemas, takut, dan gelisah saat awal hamil, tetapi subjek dapat pulih dan beradaptasi terhadap kejadian masa lalu yang sulit, bahkan dapat kembali melanjutkan pendidikan. Peneliti menemukan 3 faktor yang mempengaruhi resiliensi pada individu yaitu faktor psychological resourch, social support dan cognitif skill.

Kata Kunci: *Hamil di Luar Nikah, Perempuan, Resiliensi*

THE RESILIENCE OF WOMEN WHO HAVE EXPERIENCED PREGNANCY OUT OF WEDLOCK

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ABSTRACT

Many cases in the field relate to women who have been pregnant out of wedlock feeling stressed and depressed and traumatized due to rejection from their families and the surrounding community. Several cases of women who have been pregnant out of wedlock are still trying to survive and not let the negative feelings they feel continue to drag on which is related to resilience. Resilience is the ability to survive and adapt to tough events, making oneself much better as a result of traumatic experiences that occur in life. The purpose of this research is to find out and understand the description of resilience in women who have been pregnant out of wedlock. The research method used is a qualitative method with a case study approach. The subject taking technique used purposive sampling, which consisted of 3 women who had been pregnant out of wedlock and 3 significant others. The data collection process uses semi-structured interviews, non-participant observation, and documentation. The results showed that the three subjects had resilience according to the seven aspects of resilience according to Reivich & Shate (2002), which consisted of emotion regulation, impulse control, optimism, causal analysis, empathy, self-efficacy and reaching out. The three subjects experienced anxiety, fear, and anxiety during early pregnancy, but the subjects were able to recover and adapt to difficult past events, and even returned to continue their education. Researchers found 3 factors that affect resilience in individuals are psychological resource factors, social support and cognitive skills.

Keywords: Unwed Pregnancy, Women, Resilience