

GAMBARAN COPING STRESS PADA WANITA YANG MENGALAMI MBA (MARRIED BY ACCIDENT)

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ABSTRAK

Masyarakat menghadapi berbagai permasalahan kompleks, salah satunya seks bebas, yang berisiko meningkatkan kehamilan pranikah dan sering mendorong remaja untuk menikah mendadak dan biasa dikenal sebagai married by accident. Penelitian ini bertujuan untuk menggambarkan strategi coping stres pada wanita yang mengalami MBA, mengingat perempuan sering menjadi pihak yang paling dirugikan dalam kasus ini. Data KUA Kemenag DIY tahun 2022 menunjukkan 556 kasus pernikahan dini, sebagian besar akibat kehamilan pranikah, di daerah yang menganggap MBA sebagai tabu. Tekanan sosial ini menambah beban stres bagi wanita MBA. Penelitian ini menggunakan teori Lazarus dan Folkman (1984) dengan pendekatan kualitatif dan metode studi kasus pada tiga wanita MBA yang dipilih melalui purposive sampling. Data dikumpulkan melalui wawancara dan observasi. Hasil penelitian menunjukkan adanya variasi dalam penerapan dua jenis strategi coping yaitu problem-focused coping dan emotion-focused coping. Variasi tersebut dapat dilihat dari ketiga subjek yang pada umumnya menyelesaikan masalah dengan kepala dingin, memprioritaskan solusi tepat, mengabaikan gosip negatif tentang status MBA, dan memanfaatkan dukungan sosial dari orang-orang sekitar.

Kata Kunci: *Coping Stress, Married by Accident, Wanita Menikah*

OVERVIEW OF COPING STRESS IN WOMEN EXPERIENCED MBA (MARRIED BY ACCIDENT)

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ABSTRACT

Contemporary society is confronted with a myriad of intricate issues, one of which pertains to the phenomenon of unintended marriages resulting from premarital pregnancies, commonly referred to as often endure the most of the repercussions in such scenarios. According to data from the Yogyakarta Ministry of Religion KUA for the year 2022, there were 556 reported cases of early marriages, predominantly attributed to premarital pregnancies, particularly in regions where accidental marriages are stigmatized. These societal norms and expectations further compound the stress experienced by women in such situations. Drawing on Lazarus and Folkman's (1984) stress and coping theory, this research adopts a qualitative approach utilizing a case study method involving three women who have undergone accidental marriages, selected through purposive sampling. Data collection was conducted through interviews and observations. The findings of the study reveal diverse applications of coping strategies, specifically problem-focused coping, and emotion-focused coping. The analysis demonstrates that the three participants generally approach challenges with composure, prioritize effective problem-solving strategies, disregard negative perceptions surrounding their accidental marital status, and leverage social support networks to navigate their circumstances effectively.

Keywords: Coping Stress, Married by Accident, Married Women