

ABSTRAK
RESILIENSI PADA *SINGLE MOTHER* SETELAH
KEMATIAN PASANGAN HIDUP

Penelitian ini bertujuan untuk memahami bagaimana resiliensi pada *single mother* setelah kematian pasangan hidup. Subjek penelitian terdiri dari dua perempuan yang telah kehilangan pasangan mereka. Metode yang digunakan adalah kualitatif dengan pendekatan fenomenologis, yang bertujuan untuk menggali pengalaman individu mengenai konsep tertentu. Pengumpulan data dilakukan melalui wawancara mendalam dan observasi, yang kemudian di koding secara verbatim. Analisis data menggunakan metode analisis tematik dan diinterpretasikan berdasarkan teori yang relevan. Hasil penelitian menunjukkan bahwa kedua subjek memiliki resiliensi yang cukup baik yang ditunjukkan melalui tujuh aspek utama menurut teori Reivich & Shatte (dalam Hendriani, 2018) yaitu regulasi emosi, pengendalian impuls, optimisme, analisis kausal, efikasi diri, pencapaian, dan empati. Faktor pendukung utama dalam membangun resiliensi mereka adalah dukungan dari anak dan keluarga serta dorongan untuk tetap bertahan demi masa depan. Kesimpulan penelitian ini menegaskan bahwa meskipun mengalami tantangan emosional dan ekonomi, *single mother* dapat membangun resiliensi dengan mengandalkan dukungan sosial yang adaptif.

Kata kunci: Resiliensi, *Single Mother*, Kematian Pasangan, Dukungan Sosial

ABSTRACT
RESILIENCE IN SINGLE MOTHER
AFTER DEATH OF SPOUSE

This study aims to understand how resilience is in single mothers after the death of a spouse. The subjects of the study consisted of two women who had lost their spouses. The method used was qualitative with a phenomenological approach, which aims to explore individual experiences regarding certain concepts. Data collection was carried out through in-depth interviews and observations, which were then coded verbatim. Data analysis used thematic analysis methods and was interpreted based on relevant theories. The results of the study showed that both subjects had quite good resilience as indicated by seven main aspects according to Reivich & Shatte's (In Hendriani, 2018) theory, namely emotional regulation, impulse control, optimism, causal analysis, self-efficacy, achievement, and empathy. The main supporting factors in building their resilience were support from children and family and encouragement to survive for the future. The conclusion of this study confirms that despite experiencing emotional and economic challenges, single mothers can build resilience by relying on adaptive social support.

Keywords: Resilience, Single Mother, Death of Spouse, Social Support