

ABSTRAK

Ibu tunggal yang bekerja menghadapi berbagai tantangan unik yang dapat memicu berbagai macam emosi, mulai dari rasa khawatir terhadap keuangan, perasaan bersalah karena waktu yang terbatas untuk anak, hingga stress akibat beban ganda sebagai orangtua dan pekerja. Penelitian ini bertujuan untuk mengetahui gambaran regulasi emosi yang dialami oleh ibu tunggal yang bertugas di posyandu. Penelitian ini menggunakan metode kualitatif dengan pendekatan fenomenologis. Teknik pengumpulan data menggunakan wawancara dan observasi. Pengujian keabsahan data menggunakan triangulasi sumber, triangulasi teknik dan triangulasi waktu. Subjek dalam penelitian ini berjumlah empat orang ibu tunggal yang bertugas di Posyandu. Hasil penelitian menunjukkan bahwa ibu tunggal yang bertugas di posyandu menghadapi tekanan emosional akibat peran ganda sebagai orang tua tunggal dan tenaga kesehatan. Emosi seperti lelah, stres, dan ketegangan sering muncul, namun mereka berusaha mengelola perasaan tersebut melalui strategi regulasi emosi. Berdasarkan aspek *cognitive reappraisal*, ibu tunggal menunjukkan kesadaran diri, evaluasi emosi, dan kemampuan adaptasi terhadap situasi kerja. Sementara itu, pada aspek *expressive suppression*, mereka cenderung menahan emosi demi menjaga profesionalisme dan keharmonisan sosial. Dukungan sosial dan aktivitas spiritual turut menjadi penopang dalam meredakan tekanan batin. Meskipun belum sepenuhnya terbuka terhadap masalah pribadi, para ibu tunggal menunjukkan ketangguhan dan komitmen dalam menyeimbangkan perannya. Kesimpulan dari penelitian ini yaitu ibu tunggal yang bertugas di posyandu memiliki kemampuan regulasi emosi yang baik dalam menjalankan peran dan tanggung jawabnya. Mereka mampu mengelola dan meredakan emosi negatif, serta tetap bersikap profesional saat menghadapi tantangan pekerjaan dan berinteraksi dengan masyarakat.

Kata kunci: Ibu tunggal, Posyandu, Regulasi Emosi

ABSTRACT

Single mothers who work face various unique challenges that can trigger a range of emotions, from financial worries and feelings of guilt due to limited time with their children, to stress caused by the dual burden of parenting and working. This study aims to explore the emotional regulation experienced by single mothers who serve in Posyandu (Integrated Health Posts). This research uses a qualitative method with a phenomenological approach. Data collection techniques include interviews and observations, with data validity tested through source triangulation, technique triangulation, and time triangulation. The subjects in this study were four single mothers working at Posyandu. The results show that these single mothers face emotional pressure due to their dual roles as single parents and healthcare workers. Emotions such as fatigue, stress, and tension often arise, but they strive to manage these feelings through emotional regulation strategies. In terms of cognitive reappraisal, the mothers demonstrated self-awareness, emotional evaluation, and the ability to adapt to work situations. Meanwhile, in the aspect of expressive suppression, they tended to restrain emotions to maintain professionalism and social harmony. Social support and spiritual activities also play a role in alleviating emotional pressure. Although not all are fully open about their personal problems, they show emotional resilience and commitment in balancing their roles. The conclusion of this study is that single mothers serving at Posyandu possess good emotional regulation skills in fulfilling their roles and responsibilities. They are able to manage and suppress negative emotions while maintaining a professional attitude in the face of work challenges and social interactions.

Keywords: Single Mother, Posyandu, Emotion Regulation