

ABSTRAK

Penelitian ini bertujuan untuk mengetahui bagaimana strategi coping stress pada pasangan remaja yang menikah pada usia dini. Penelitian ini menggunakan metode kualitatif dengan desain penelitian yang mengacu pada fenomenologi. Subjek penelitian ini merupakan remaja asal Desa Gelampang Wih Tenang Uken yang bersedia di wawancarai. Dalam pengambilan informan, peneliti menggunakan teknik purposive sampling yang bertujuan ingin melihat strategi coping stress pada remaja yang menikah pada usia dini. Informan berjumlah empat orang subjek. Adapun kriteria subjek yaitu berusia antara 13 hingga 18 tahun, yang sudah menikah, harus sudah menikah dini, yaitu menikah pada usia remaja, dan tidak dalam status perceraian atau perpisahan, dan bersedia untuk diwawancarai. Lokasi penelitian di Desa Gelampang Wih Tenang Uken. Berdasarkan hasil analisa data yang telah dilakukan kepada empat orang subjek, peneliti mendeskripsikan pembahasan terkait gambaran strategi coping stress pada pasangan remaja yang menikah pada usia dini di Desa Gelampang Wih Tenang Uken. Berdasarkan hasil yang dari penelitian yang dilakukan, di Desa Gelampang Wih Tenang Uken cenderung banyak melakukan *emotional focus coping*. Dimana keseluruhan subjek banyak menggunakan coping emotional dibandingkan coping *focus problem*. Adapun hal ini bisa saja dilandasi oleh usia remaja dimana kecenderungan melibatkan emosi jauh lebih besar.

Kata Kunci: Strategi Koping, Menikah Dini, Bener Meriah

ABSTRACT

This study aims to determine how the stress coping strategies of young couples who marry at an early age. This study uses a qualitative method with a research design that refers to phenomenology. The subjects of this study were teenagers from Gelampang Wih Tenang Uken Village who were willing to be interviewed. In taking informants, the researcher used a purposive sampling technique which aimed to see the stress coping strategies of young couples who marry at an early age. There were four informants. The criteria for the subjects were aged between 13 and 18 years, who were married, must have married early, namely married at a young age, and not in divorce or separation status, and willing to be interviewed. The location of the study was in Gelampang Wih Tenang Uken Village. Based on the results of the data analysis that had been carried out on four subjects, the researcher described the discussion related to the description of stress coping strategies in young couples who married at an early age in Gelampang Wih Tenang Uken Village. Based on the results of the research conducted, in Gelampang Wih Tenang Uken Village, they tended to do a lot of emotional focus coping. Where all subjects used more emotional coping than problem focus coping. This could be based on the age of adolescence where the tendency to involve emotions is much greater.

Keywords: Coping Strategy, Early Marriage, Bener Meriah