

Abstrak

Keguguran merupakan kondisi berhentinya kehamilan sebelum janin mampu bertahan hidup di luar kandungan, yang tidak hanya berdampak pada kondisi fisik tetapi juga menimbulkan tekanan psikologis yang signifikan bagi wanita. Strategi *coping* diperlukan untuk membantu individu menyesuaikan diri dengan tekanan tersebut. Penelitian ini bertujuan untuk mengetahui bagaimana strategi *coping* yang digunakan oleh wanita yang mengalami keguguran dilihat dari aspeknya (*problem focused coping* dan *emotional focused coping*). Penelitian ini menggunakan metode kualitatif dengan pendekatan studi kasus. Subjek penelitian berjumlah dua orang wanita yang memiliki kriteria mengalami keguguran lebih dari satu kali dan belum memiliki anak. Pengumpulan data dilakukan melalui wawancara semi-terstruktur, observasi non-partisipan, dan dokumentasi. Analisis data menggunakan model Miles dan Huberman. Hasil penelitian menunjukkan bahwa kedua subjek menggunakan strategi *coping* yang berbeda namun adaptif. Subjek AW menggunakan strategi sederhana seperti memeriksakan diri ke dokter, berkumpul dengan teman, sholat, dan tidak menyendiri. Subjek SR menggunakan strategi lebih intensif seperti program kehamilan, olahraga, bekerja, memutuskan hubungan dari lingkungan *toxic*, serta mencari makna spiritual. Kedua subjek menggunakan seluruh aspek strategi *coping*, yaitu *problem focused coping* (*planful problem solving, confrontive coping, seeking social support*) dan *emotional focused coping* (*distancing, self-control, accepting responsibility, escape-avoidance, positive reappraisal*). Kedua subjek sama-sama menggunakan kedua aspek strategi *coping*, namun dengan bentuk berbeda. Subjek AW lebih dominan menggunakan *emotional focused coping* seperti *distancing, self-control*, dan *positive reappraisal*. Subjek SR lebih dominan menggunakan *problem focused coping* yang intensif seperti *planful problem solving* dan *emotional focused coping* seperti *escape-avoidance*. Strategi *coping* yang digunakan membawa dampak positif berupa berkurangnya stres, meningkatnya penerimaan diri, dan kemampuan menjalani aktivitas sehari-hari.

Kata Kunci: Keguguran, Strategi *Coping*, Studi Kasus, Wanita.

Abstract

Miscarriage is a condition in which pregnancy stops before the fetus is able to survive outside the womb, which not only has an impact on physical condition but also causes significant psychological pressure for women. Coping strategies are needed to help individuals adjust to this pressure. This study aims to determine how coping strategies are used by women who experience miscarriage viewed from its aspects (problem focused coping and emotional focused coping). This study used a qualitative method with a case study approach. The research subjects were two women who had experienced more than one miscarriage and did not have children yet. Data collection was conducted through semi-structured interviews, non-participant observation, and documentation. Data analysis used the Miles and Huberman model. The results showed that both subjects used different but adaptive coping strategies. Subject AW used simpler strategies such as going to the doctor, gathering with friends, praying, and not being alone. Subject SR used more intensive and varied strategies, such as fertility programs, exercising, working, cutting off toxic relationships, and seeking spiritual meaning. Both subjects used all aspects of coping strategies, namely problem focused coping (planful problem solving, confrontive coping, seeking social support) and emotional focused coping (distancing, self-control, accepting responsibility, escape-avoidance, positive reappraisal). Both subjects used both aspects of coping strategies, but in different forms. Subject AW was more dominant in using emotional focused coping such as distancing, self-control, and positive reappraisal. Subject SR was more dominant in using intensive problem focused coping such as planful problem solving and emotional focused coping such as escape-avoidance. The coping strategies used had positive impacts in the form of reduced stress, increased self-acceptance, and the ability to carry out daily activities.

Keywords: Case Study, Coping Strategies, Miscarriage, Women.