

ABSTRAK

Perempuan lajang pada suku Batak Angkola sering menghadapi tekanan sosial dan budaya yang berkaitan dengan ekspektasi masyarakat terhadap pernikahan. Kondisi tersebut dapat memengaruhi kesejahteraan psikologis (*psychological well-being*) perempuan lajang dalam menjalani kehidupan sehari-hari. Penelitian ini bertujuan untuk mengetahui gambaran *psychological well-being* pada perempuan lajang suku Batak Angkola. Penelitian menggunakan metode kualitatif dengan pendekatan fenomenologi. Subjek dalam penelitian berjumlah empat orang perempuan lajang berusia 30–40 tahun yang dipilih menggunakan teknik *snowball sampling*. Pengumpulan data dilakukan melalui wawancara semi terstruktur dan observasi nonpartisipan. Analisis data menggunakan analisis tematik berdasarkan tahapan Creswell (2018), sedangkan keabsahan data diuji melalui triangulasi sumber dan triangulasi waktu. Hasil penelitian menunjukkan bahwa perempuan lajang suku Batak Angkola memiliki *psychological well-being* yang positif. Hal tersebut terlihat pada dimensi penerimaan diri, kemampuan yang dimiliki untuk menerima kelebihan, kekurangan, dan status lajang sebagai bagian dari kehidupan. Pada dimensi hubungan positif dengan orang lain, perempuan lajang memperoleh dukungan dari keluarga dan teman serta tetap menjalin hubungan dengan lingkungan sekitar. Sementara pada dimensi otonomi, penguasaan lingkungan, tujuan hidup, dan pertumbuhan pribadi, perempuan lajang mampu mengambil keputusan secara mandiri, mengelola kehidupan sehari-hari, memiliki tujuan hidup, serta mengembangkan potensi diri. Dapat disimpulkan bahwa *psychological well-being* perempuan lajang terlihat dari berbagai upaya yang dilakukan untuk menjalani kehidupan secara mandiri. Upaya tersebut diwujudkan melalui penerimaan terhadap kondisi diri, menjaga hubungan positif dengan orang lain, mengelola tekanan sosial, bekerja, membantu keluarga, serta terus mengembangkan diri.

Kata kunci: *Psychological well-being*, perempuan lajang, Suku Batak Angkola.

ABSTRACT

Single women in the Batak Angkola community often face social and cultural pressures related to societal expectations regarding marriage. These conditions may affect the psychological well-being of single women in their daily lives. This study aimed to describe the psychological well-being of single women in the Batak Angkola community. This study employed a qualitative method with a phenomenological approach. The participants consisted of four single women aged 30–40 years who were selected using snowball sampling. Data were collected through semi-structured interviews and non-participant observation. Data were analyzed using thematic analysis based on the stages proposed by Creswell (2018), while data validity was established through source triangulation and time triangulation. The results showed that single women in the Batak Angkola community demonstrated positive psychological well-being. This was reflected in the self-acceptance dimension, in which the women were able to accept their strengths, weaknesses, and single status as part of their lives. In the positive relations with others dimension, the women received support from family and friends and maintained relationships with their surrounding social environment. Meanwhile, in the dimensions of autonomy, environmental mastery, purpose in life, and personal growth, the women were able to make independent decisions, manage their daily lives, maintain life goals, and develop their potential. It can be concluded that the psychological well-being of single women is reflected in their efforts to live independently. These efforts include accepting their personal circumstances, maintaining positive relationships with others, managing social pressures, working, supporting their families, and continuously developing themselves.

Keywords: Psychological well-being, single women, Batak Angkola ethnic group.