ABSTRAK

Kebermaknaan hidup pada wanita karier yang belum menikah merupakan proses individu dalam menemukan dan mempertahankan nilai kehidupan di tengah pilihan hidup, tuntutan pekerjaan, serta tekanan sosial terkait pernikahan. Penelitian ini bertujuan untuk mengetahui kebermaknaan hidup pada wanita karier di Aceh yang belum menikah berdasarkan aspek-aspek kebermaknaan hidup. Penelitian ini menggunakan metode kualitatif dengan pendekatan fenomenologi. Subjek penelitian berjumlah tiga orang wanita karier di Aceh yang belum menikah. Pengumpulan data dilakukan melalui wawancara dan observasi, kemudian dianalisis menggunakan analisis tematik. Keabsahan data dilakukan melalui triangulasi sumber, teknik, dan waktu. Hasil penelitian menunjukkan bahwa ketiga subjek mampu mencapai kebermaknaan hidup melalui tiga aspek sebagaimana dikemukakan oleh Frankl, yaitu *Freedom of Will*, *The Will to Meaning*, dan *The Meaning of Life*. Pada aspek *Freedom of Will*, ketiga subjek menunjukkan kemandirian dalam menentukan dan mempertahankan pilihan hidup, khususnya dalam memilih karier serta menjalani kehidupan sesuai dengan prinsip pribadi. Pada aspek *The Will to Meaning*, pekerjaan menjadi ruang bagi ketiga subjek untuk mengembangkan diri, mencapai tujuan hidup, menjaga keseimbangan antara karier, keluarga, dan kehidupan pribadi, serta merasakan nilai diri melalui kebermanfaatan dan kontribusi. Pada aspek *The Meaning of Life*, ketiga subjek memaknai kehidupan sebagai proses belajar dan berkembang, mampu menerima serta bertahan dalam menghadapi situasi sulit, dan memahami bahwa pernikahan bukan satu-satunya ukuran keberhasilan maupun kebermaknaan hidup. Secara keseluruhan, kebermaknaan hidup pada wanita karier di Aceh yang belum menikah terbentuk melalui kemandirian dalam menentukan pilihan hidup, pengembangan diri dan kebermanfaatan melalui pekerjaan, serta kemampuan memaknai dan menerima berbagai pengalaman hidup.

Kata kunci: Aceh, Belum Menikah, Kebermaknaan Hidup, Wanita karier

ABSTRACT

The meaning in life among unmarried career women is an individual process of finding and maintaining value in life amid personal choices, work demands, and social pressure related to marriage. This study aimed to examine the meaning in life among unmarried career women in Aceh based on the aspects of meaning in life. This study employed a qualitative method with a phenomenological approach. The participants consisted of three unmarried career women in Aceh. Data were collected through interviews and observations and analyzed using thematic analysis. Data credibility was established through source, technique, and time triangulation. The findings showed that the three participants were able to achieve meaning in life through three aspects proposed by Frankl, namely Freedom of Will, The Will to Meaning, and The Meaning of Life. In the aspect of Freedom of Will, the three participants demonstrated independence in determining and maintaining their life choices, particularly in choosing a career and living according to their personal principles. In The Will to Meaning, work became a space for self-development, achievement of life goals, maintaining balance among career, family, and personal life, and experiencing self-worth through usefulness and contribution. In The Meaning of Life, the three participants viewed life as a process of learning and development, were able to accept and endure difficult situations, and understood that marriage was not the only measure of success or meaning in life. Overall, meaning in life among unmarried career women in Aceh was formed through independence in making life choices, self-development and contribution through work, and the ability to accept and give meaning to various life experiences.

Keywords: *Aceh, career women, Meaning in life, unmarried women.*