

ABSTRAK

Permasalahan yang dihadapi oleh *single mother* baik cerai mati dan cerai hidup membuat *single mother* perlu mengembangkan kemampuan resiliensi. Penelitian ini bertujuan untuk mengetahui perbedaan resiliensi pada *single mother* yang cerai mati dan cerai hidup di kecamatan Lhoksukon berdasarkan komponen resiliensi yaitu ketenangan, kegigihan, kemandirian, kebermaknaan, dan eksistensial kesendirian. Penelitian ini menggunakan pendekatan kualitatif dengan analisis *Interpretative Phenomenologi Analasys* (IPA) untuk memahami lebih dalam makna dari pengalaman individu berdasarkan komponen resiliensi. Teknik pengumpulan data yang digunakan adalah wawancara dan observasi. Subjek dalam penelitian ini berjumlah empat orang *single mother* yang terdiri dari dua *single mother* cerai hidup dan dua *single mother* cerai mati. Hasil dari penelitian menunjukkan perbedaan resiliensi pada *single mother* cerai mati dan cerai hidup. Pada *single mother* cerai mati terdapat proses penerimaan dan rasa kehilangan yang terletak pada komponen ketenangan, kegigihan dan eksistensial kesendirian. Sedangkan *single mother* cerai hidup memiliki resiliensi yang baik sesuai dengan komponen resiliensi, namun *single mother* cerai hidup mendapatkan stigma negatif dari masyarakat yang tidak didapati oleh *single mother* cerai mati. Dalam penelitian ini juga didapati temuan lainnya yaitu religiusitas, peneliti mendapati keempat subjek dapat mejalani dan menerima pengalaman ataupun kehidupannya tidak lepas dari religiusitas subjek.

Kata kunci: Cerai Hidup dan Mati, Resiliensi, Single Mother

ABSTRACT

The problems faced by single mothers, both death divorce and life divorce, make single mothers need to develop resilience skills. This study aims to determine the differences in resilience in single mothers who are divorced from death and divorce in Lhoksukon sub-district based on resilience components, namely calmness, persistence, independence, meaningfulness, and existential solitude. This study uses a qualitative approach with Interpretative Phenomenology Analysis (IPA) analysis to understand more deeply the meaning of individual experiences based on resilience components. The data collection techniques used are interviews and observations. The subjects in this study amounted to four single mothers consisting of two divorced single mothers alive and two divorced single mothers dead. The results of the study show differences in resilience in single mothers of death and living divorce. In single mothers of death divorce there is a process of acceptance and a sense of loss located in the components of resilience, persistence and existential solitude. Meanwhile, living divorced single mothers have good resilience in accordance with the resilience component, but living divorced single mothers get a negative stigma from society that is not found by single mothers with death divorce. In this study, other findings were also found, namely religiosity, researchers found that the four subjects could live and accept their experiences or lives inseparable from their religiosity.

Keywords: Life and Death Divorce, Resilience, Single Mother