

**HARDINESS PADA REMAJA YATIM PIATU YANG TINGGAL DAN
DIASUH DI PANTI ASUHAN: SEBUAH STUDI KUALITATIF
FENOMENOLOGI INTERPRETATIF**

Aisya Ananda, Dinie Ratri Desiningrum

Fakultas Psikologi Universitas Diponegoro
Jl. Prof. Mr. Sunario, Tembalang, Semarang, 50275

aisyaaananda14@gmail.com

ABSTRAK

Hardiness adalah susunan kepribadian yang menggambarkan suatu pembiasaan yang lebih optimistis pada sesuatu yang menimbulkan stres. Penelitian ini bertujuan untuk memahami bagaimana pengalaman *hardiness* pada remaja yatim piatu yang tinggal dan diasuh di panti asuhan. Penelitian ini merupakan penelitian kualitatif fenomenologi interpretatif. Metode pengambilan data melalui wawancara semi terstruktur. Subjek dalam penelitian ini dipilih dengan teknik *purposive sampling*. Subjek berjumlah empat orang yang memiliki karakteristik seorang remaja yatim piatu yang berada di rentang remaja pertengahan dan tinggal di panti asuhan selama minimal lima tahun atau lebih. Hasil penelitian menghasilkan empat tema induk yaitu kehidupan dan relasi subjek dengan lingkungan sekitar di panti asuhan, kesulitan yang dialami sebagai yatim piatu, faktor pembentuk ketangguhan, dan bentuk ketangguhan yang dimiliki subjek. Temuan penelitian menunjukkan bahwa keempat subjek memiliki pengalaman *hardiness* masing-masing yang dipengaruhi beberapa faktor seperti dorongan lingkungan sekitar yaitu kerabat, orang tua asuh dan teman-teman di panti asuhan, kemampuan menyelesaikan masalah, serta proses penerimaan akan kondisi saat ini.

Kata kunci: *hardiness*, remaja, yatim piatu, fenomenologi, interpretatif.

HARDINESS IN ORPHAN ADOLESCENTS LIVING AND CARE IN ORPHANAGES: A QUALITATIVE STUDY OF INTERPRETATIVE PHENOMENOLOGY

Aisya Ananda, Dinie Ratri Desiningrum

Faculty of Psychology, Diponegoro University
Jl. Prof. Mr. Sunario, Tembalang, Semarang, 50275

aisyaaananda14@gmail.com

ABSTRACT

Hardiness is a personality structure that describes a more optimistic habit of dealing with something that causes stress. This research aims to understand the experience of hardiness among orphaned teenagers who live and are cared for in orphanages. This research is an interpretive phenomenological qualitative research. The data collection method is through semi-structured interviews. The subjects in this research were selected using a purposive sampling technique. The subject contains four people who have the characteristics of an orphaned teenager who is in the middle teenage range and has lived in an orphanage for a minimum of five years or more. The results of the research produced four main themes, namely the subject's life and relationship with the surrounding environment in the orphanage, the difficulties experienced as an orphan, factors forming hardiness, and the form of hardiness possessed by the subject. The research findings showed that the four subjects had their own experiences of hardiness which influenced several factors such as encouragement from the surrounding environment, namely relatives, foster parents and friends in the orphanage, the ability to solve problems, and the process of accepting current conditions.

Key words: hardiness, teenagers, orphans, phenomenology, interpretive.