

“YANG HILANG MENGUATKAN, YANG TINGGAL MENGHIDUPKAN”: PROSES MENJADI RESILIEN DALAM KEHIDUPAN WANITA *EMERGING ADULTS* YANG DIBESARKAN OLEH IBU TUNGGAL

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ABSTRAK

Kehilangan ayah karena kematian dapat berdampak psikologis signifikan, terutama pada individu dalam fase *emerging adults* yang tengah membentuk identitas dan kemandirian. Penelitian ini bertujuan memahami proses resiliensi pada *emerging adults* yang dibesarkan oleh ibu tunggal pasca kehilangan ayah. Metode yang digunakan adalah kualitatif dengan pendekatan deskriptif fenomenologis (DPA), melalui wawancara semi terstruktur pada tiga partisipan perempuan usia 18–25 tahun yang dipilih secara *purposive*. Hasil penelitian menunjukkan bahwa resiliensi terbentuk melalui dukungan emosional dari ibu, strategi koping seperti berpikir positif dan spiritualitas, serta kemampuan regulasi emosi dan menjaga harapan. Lima tema sintesis yang ditemukan meliputi regulasi emosi dalam merespons tekanan psikologis, penyesuaian peran pasca kehilangan, peningkatan *self-efficacy*, pengembangan empati akibat kehilangan, dan penguatan oleh dukungan sosial. Temuan ini menegaskan peran penting ibu tunggal dan lingkungan sosial dalam mendukung adaptasi dan perkembangan psikologis anak setelah kehilangan.

Kata kunci: dpa; *emerging adults*; ibu tunggal; resiliensi; kehilangan.

“WHAT IS LOST STRENGTHENS, WHAT REMAINS ENLIVENS”: THE PROCESS OF BECOMING RESILIENT IN THE LIVES OF EMERGING ADULTS WOMEN RAISED BY SINGLE MOTHERS

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ABSTRACT

The loss of a father due to death can have a significant psychological impact, especially on individuals in the emerging adult phase who are in the process of forming their identity and independence. This study aims to understand the resilience process in emerging adults who were raised by single mothers after the loss of their fathers. The method used is qualitative with a descriptive phenomenological approach (DPA), through semi-structured interviews with three female participants aged 18–25 years selected through purposive sampling. The research findings indicate that resilience is formed through emotional support from the mother, coping strategies such as positive thinking and spirituality, as well as the ability to regulate emotions and maintain hope. Five synthesized themes were identified: emotional regulation in responding to psychological stress, role adjustment after loss, increased self-efficacy, empathy development due to loss, and social support reinforcement. These findings emphasize the crucial role of single mothers and the social environment in supporting children's adaptation and psychological development after loss.

Keywords: dpa; single mothers; resilience; loss.