**PENGALAMAN KEHILANGAN PADA WANITA DEWASA AWAL PASCA KEMATIAN PASANGAN AKIBAT COVID-19**

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**Abstrak**

Fenomena COVID-19 membuat wanita di usia dewasa awal menghadapi tekanan berupa kesedihan kehilangan pasangan secara mendadak serta munculnya perubahan struktur keluarga. Penelitian ini bertujuan untuk memahami pengalaman kehilangan pada wanita dewasa awal yang menjalani kehidupannya karena kematian pasangan akibat COVID-19. Metode yang digunakan adalah kualitatif dengan pendekatan fenomenologis - *Interpretative Phenomenological Analysis* (IPA). Pengumpulan data menggunakan wawancara semi terstruktur. Subjek penelitian merupakan tiga orang wanita dewasa awal berusia 20-40 tahun, pernah menikah, dan mengalami kematian pasangan hidup saat pandemi COVID-19 yang diperoleh dengan teknik *purposive sampling.* Penelitian ini memperoleh tiga tema induk dengan delapan tema superordinat dan satu tema khusus. Tema induk yang ditemukan, yakni : 1) kenangan bersama pasangan 2) kecemasan hidup tanpa pasangan 3) proses bangkit dari kehilangan. Terdapat tema khusus partisipan yaitu respon negatif orang lain tentang status menjanda. Hasil penelitian ini mengungkapkan kekhasan yang terjadi pada seorang wanita dewasa awal bahwa mereka mengalami pergulatan emosi yang menjadi masalah ketika menghadapi pasangan COVID-19. Perasaan yang muncul tidak hanya karena kecemasan tertular penyakit tetapi peraturan yang menghambat memberi dukungan langsung pada suami. Kecemasan hidup tanpa pasangan diungkap melalui proses berduka dan perubahan sistem dalam keluarga yang berefek pada tanggung jawab baru sebagai *single mother*. Dengan menghadapi tantangan dan pergulatan emosi pasca kehilangan, partisipan berproses untuk bangkit dengan *support* dari keluarga, upaya *coping*, dan menemukan makna positif kehilangan.

**Kata kunci** :Kehilangan Pasangan Hidup, COVID-19, *Interpretative Phenomenological Analysis*

**THE EXPERIENCE OF LOSS IN EARLY ADULT WOMEN AFTER THE DEATH OF A LIFE PARTNER DUE TO COVID-19**

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**Abstract**

The COVID-19 phenomenon makes women in early adulthood face pressure in the form of grief from the sudden loss of a partner and the emergence of changes in family structure. This study aims to understand the experience of loss in early adult women who live their lives due to the death of a partner due to COVID-19. The method used is qualitative with a phenomenological approach - Interpretative Phenomenological Analysis (IPA). Data collection using semi-structured interviews. The research subjects were three early adult women aged 20-40 years, had been married, and experienced the death of a life partner during the COVID-19 pandemic obtained using purposive sampling technique. This study obtained three main themes with eight superordinate themes and one special theme. The main themes found were: 1) memories with a partner 2) anxiety of living without a partner 3) the process of recovering from loss. There is a special theme of participants, namely the negative response of others about widowhood. The results of this study reveal the peculiarities that occur in an early adult woman that they experience emotional struggles that become a problem when facing a COVID-19 partner. The feelings that arise are not only due to the anxiety of contracting the disease but regulations that hinder giving direct support to the husband. The feelings that arose were not only due to the anxiety of contracting the disease but the regulations that prevented giving direct support to the husband. Anxiety about living without a partner was revealed through the grieving process and changes in the family system that had an effect on new responsibilities as a single mother. By facing challenges and emotional struggles after the loss, participants process to rise with support from family, coping efforts, and finding positive meaning of loss.

**Keywords :** Loss of Life Partner ; COVID-19 ; Interpretative Phenomenological Analysis