

**STUDI KASUS MENGENAI STRATEGI *COPING* PADA INDIVIDU  
BISEKSUAL**

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**ABSTRAK**

Penelitian ini bertujuan untuk mengetahui bagaimana strategi *coping* yang dilakukan oleh individu biseksual yang telah mengakui orientasi seksualnya. Penelitian dilakukan pada dua subjek yang memiliki karakteristik biseksual dan sudah mengakui orientasi seksualnya pada keluarga dan teman. Strategi penelitian ini menggunakan cara wawancara dalam pengumpulan data. Pertanyaan dalam wawancara disusun dengan sifat yang terbuka dan netral. Pertanyaan yang diberikan kepada subjek meliputi latar belakang penyimpangan seksual, respon negatif (tekanan) dari diri sendiri, respon negatif (tekanan) dari orang lain, strategi *coping*, dan kondisi setelah melakukan strategi *coping*. Dalam penelitian ini diketahui bahwa subjek pertama mulai tertarik dengan sesama maupun lawan jenis dari bangku sekolah. Subjek cukup banyak mendapat tekanan dari keluarga dan teman. Strategi *coping* yang paling sering subjek pertama lakukan adalah *active coping* dan *restraint coping*. Kondisi setelah subjek melakukan strategi *coping* masih sama dengan sebelumnya. Kedua orangtua subjek tetap tidak bisa menerima kondisi subjek yang biseksual. Strategi *coping* yang dilakukan subjek pertama sebatas mengatasi rasa cemas subjek pada saat terjadi tekanan. Pada subjek kedua ketertarikan pada sesama dan lawan jenis dimulai pada akhir masa sekolah. Tekanan yang diterima subjek lebih banyak dari teman. Strategi *coping* yang paling sering dilakukan subjek kedua adalah *active coping* dan *positive reinterpretation*. Strategi *coping* yang dilakukan oleh subjek kedua cukup dapat mengatasi tekanan yang dialami subjek. Keluarga subjek kedua dapat menerima kondisi subjek dan kemudian memberi dukungan berupa nasehat. Pada kedua kasus ada kesamaan pengalaman, yaitu kedua subjek mendapat tekanan dari teman dan paling sering menggunakan strategi *coping* berupa *active coping*.

Kata kunci: respon negatif (tekanan), strategi *coping*, biseksual

**CASE STUDY OF COPING STRATEGY ON BISEXUAL INDIVIDUAL**

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**ABSTRACT**

*This study aimed to find out about coping strategies done by bisexual who has admitted their sex orientation. Research carried out on two subjects that have the characteristics of bisexual and already admitted their sex orientation to families and friends. The strategies that are used in this study are using interviews in data collection. The question in the interview is prepared openly and neutrally. The questions given to the subjects include deviant sexual background, negative responses (pressures) from oneself, negative responses (pressures) from other people, coping strategies, and afterward condition. The finding of this study is that the first subject was attracted to both sexes in his school year. The subject experienced a lot of pressure from his family and friends. Active coping and restraint coping was the two most used coping strategies by the subject. The subject's condition after coping was almost the same as before. Both parents still wouldn't accept the subject's condition. The coping strategies that were done by the first subject were only decreasing the subject's anxiety when the pressure happened. For the second subject, the attraction for both sexes started in the subject's end of school year. The pressure was experienced mostly from the subject's friends. Active coping and positive reinterpretation was the two most used coping strategies by the second subject. The coping strategies that were done could handle the pressures that were experienced by the subject. The second subject's family accepted the subject's condition and further more gave advices. In the two cases there were similarity in experiences, which was both subject experienced pressures from their friends and the most used coping strategy was active coping.*

Keywords: negative responses (pressure), coping strategies, bisexual