

SELF-SILENCING PADA PEREMPUAN MENIKAH DI TIMOR

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ABSTRAK

Penelitian ini bertujuan untuk mengeksplorasi pengalaman *self-silencing* pada perempuan menikah di Timor serta mendeskripsikan bentuk-bentuk *self-silencing* yang muncul. Partisipan dalam penelitian ini adalah 6 perempuan menikah yang sejak lahir tinggal di Timor, memiliki orangtua beretnis Timor, serta menikahi pria Timor dengan tata cara etnis Timor. Pengambilan data dilakukan dengan metode wawancara semi terstruktur. Analisis data dilakukan dengan metode analisis isi kualitatif (AIK), menggunakan pendekatan deduktif, yakni analisis terarah. Dalam penelitian ini ditemukan bahwa secara umum perempuan menikah di Timor mengalami *self-silencing* meskipun dengan kemunculan dimensi yang berbeda-beda pada setiap partisipan. Dimensi *self-silencing* yang muncul pada semua partisipan adalah dimensi *silencing the self* dan *externalized self perception*. Secara umum, dimensi *self-silencing* diurutkan dari yang paling sering muncul adalah *silencing the self*, *externalized self perception*, *divided self*, dan *care as self sacrifice*.

Kata kunci : *self-silencing*, perempuan menikah, suku Timor.

SELF-SILENCING AMONG TIMORESE MARRIED WOMEN

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ABSTRACT

This research aims to explore the self-silencing experience among Timorese married women and describe the emerging forms of self-silencing. The participants in this study are 6 married women who live in Timor from birth, have Timorese parents, and marry Timorese men with Timorese ethnic custom. The data were collected by semi-structured interview method. Data analysis was done by qualitative content analysis method (QCA), using deductive approach, namely directional analysis. This study found that in general Timorese married women experienced self-silencing despite the differences of the emerging dimensions in each participant. The self-silencing dimension that appears in all participants is the silencing the self dimension and externalized self perception dimension. In general, self-silencing dimensions sorted from the most common are silencing the self, externalized self perception, divided self, and care as self sacrifice.

Keyword : self-silencing, married women, Timorese

