

DINAMIKA RESILIENSI REMAJA JAWA PASCA KEMATIAN ORANG TUA

Program Studi Psikologi Fakultas Psikologi
Universitas Sanata Dharma

Michael Adhi Nugraha Tri Putranta

ABSTRAK

Penelitian ini memiliki tujuan untuk mengetahui bagaimana dinamika resiliensi remaja Jawa pasca kematian orang tua. Kematian orang tua melahirkan berbagai macam dampak bagi remaja Jawa yang ditinggalkan. Untuk memenuhi tujuan tersebut, peneliti melakukan wawancara semi-terstruktur terhadap tiga orang remaja Jawa yang orang tuanya sudah meninggal, kemudian melakukan analisis dengan menggunakan pendekatan IPA (*Interpretative Phenomenological Analysis*). Hasil penelitian menunjukkan alur dinamika resiliensi remaja Jawa pasca kematian orang tua sebagai berikut: (1) sikap dalam merespon kematian, (2) munculnya permasalahan – kematian melahirkan *mungkret*, (3) dampak pasca kematian orang tua, (4) proses reintegrasi, (5) hasil reintegrasi. Reintegrasi atau *olah rasa* dalam mewujudkan resiliensi didorong oleh dua faktor yaitu faktor eksternal dan faktor internal. Dinamika dialog dan diskusi (*kandha-takon*) dapat membangun pemahaman-pemahaman baru, melahirkan kemampuan menyadari raga (*raos ning raga*), menyadari pikiran (*raos ning karep*), dan menyadari rasa itu sendiri (*raos ning raos*). Melalui reintegrasi, dua orang informan mampu berada dalam kondisi *mulur* atau resilien, sedangkan satu informan masih berproses mengolah permasalahan yang muncul

Kata kunci: analisis fenomenologi interpretatif; kematian orang tua; remaja Jawa; resiliensi

THE DYNAMICS OF JAVANESE ADOLESCENT' RESILIENCE AFTER THEIR PARENTS PASSED AWAY

*Department of Psychology Faculty of Psychology
Sanata Dharma University*

Michael Adhi Nugraha Tri Putranta

ABSTRACT

This study aims to find out the dynamics of Javanese adolescent' resilience after their parents passed away. Parents' death gives various impacts to Javanese teenagers who were left behind. The researcher conducted semi-structured interviews with three Javanese adolescents whose parents have passed away followed by analysis using the Interpretative Phenomenological Analysis. It reveals the dynamics flow of Javanese adolescent' resilience after the death of their parents as followed: (1) The attitude in responding death; (2) the raise of the problems; (3) The post-death impact of the parents, (4) reintegration process, (5) reintegration results. Reintegration in realizing resilience is driven by two factors; external factors and internal factors. The dynamics of dialogue and discussion (kandha-takon) is able to construct new thoughts, creating of body awareness (raos ning raga) and mind awareness (raos ning karep), and also to be aware of the feeling (raos ning raos). Through reintegration, two informants are in a resilient condition, while one informant is still in the process of coping the problems.

Keywords: *Interpretative Phenomenological Analysis; parent's death; Javanese teenager; resilience*