

## STRESS DAN COPING PADA ISTRI TNI-AD SAAT DITINGGAL SUAMI

### BERTUGAS

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### ABSTRAK

Penelitian ini merupakan penelitian kualitatif yang bertujuan untuk mengungkap pengalaman *stress* dan *coping* pada istri TNI-AD saat ditinggal suami bertugas. Untuk mengungkap pengalaman *stress* peneliti menggunakan tanda *stress* yang terdiri dari *stress* fisik dan psikologi. Sementara untuk mengungkap *coping* yang digunakan peneliti menggunakan strategi *coping* Lazarus (1986) yang terdiri dari *problem focused coping* dan *emotional focused coping*. Pengambilan data dilakukan menggunakan metode wawancara semi-terstruktur. Analisis yang digunakan yaitu metode analisis isi (AIK) dengan pendekatan deduktif terarah. Partisipan dalam penelitian ini berjumlah tiga orang. Hasil penelitian secara umum menunjukkan bahwa istri TNI-AD yang ditinggal tugas mengalami perasaan sedih dan cenderung bermalas-malasan dari biasanya dan juga kepikiran suami yang disebabkan oleh sumber *stress life event* yaitu ditinggal suami bertugas. Selain itu, juga muncul tanda *stress* seperti perasaan khawatir dan mudah marah yang bersumber dari *chronic strain*. Sementara *coping* yang muncul secara umum pada *problem focused coping* berupa *planful coping* dan *seeking social support*. Pada *emotional focused*, *coping* istri TNI-AD yang ditinggal tugas menggunakan *accepting responsibility* yaitu menerima risiko penugasan suami dan meyesuaikan diri. Sementara *coping* yang sengaja dibentuk oleh lingkungan batalyon yaitu *coping distancing* dengan kegiatan rutin ibu-ibu dan juga berdoa.

Kata Kunci: Perasaan sedih, khawatir, menerima risiko penugasan

## **STRESS AND COPING OF INDONESIAN ARMY WIVES WHOSE HUSBANDS LEFT ON DUTY**

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### **ABSTRACT**

This research is a qualitative research aiming to reveal stresses and coping experiences of Indonesian Army wives whose husbands left on duty. In order to reveal stress experiences, the researcher utilized stress signs which consisted of physical and psychological stresses. Whereas, in order to investigate coping, the researcher utilized coping strategy by Lazarus (1986) which consisted of problem focused coping and emotional focused coping. The data collection was done by conducting a semi-structured interview. The analysis was done by employing content analysis which utilized the directional deductive approach. There were three participants in this study. In general, the results showed that Indonesian Army wives whose husbands left on duty experienced sad feeling, tended to laze around than usual and kept thinking of their husbands caused by stress life event sources which was left by their husbands to go on duty. Moreover, there also occurred stress signs such as feeling anxious and bad-tempered which were sourced from chronic strain. Meanwhile, coping which generally occurred in problem focused coping were planful coping and seeking social support. In emotional focused coping, Indonesian Army wives whose husbands left on duty used accepting responsibility which was accepting their husbands' assignment risks and adapting. Meanwhile, coping which was deliberately formed by the battalion environment was coping distancing by conducting routine activities of Indonesian Army wives and also praying.

Keywords: sad feeling, anxiety, accepting assignment risks