ABSTRAK

Permatasari, Dienti Cahya. 2024. Hubungan Harga Diri dan Resiliensi pada Ibu Tunggal Pasca Kematian Pasangan. *Skripsi.* Yogyakarta: Psikologi, Fakultas Psikologi, Universitas Sanata Dharma.

Penelitian ini bertujuan untuk mengetahui hubungan antara harga diri dan resiliensi pada ibu tunggal pasca kematian pasangan. Hipotesis yang diajukan dalam penelitian ini adalah terdapat hubungan positif antara harga diri dan resiliensi pada ibu tunggal pasca kematian pasangan. Subjek dalam penelitian ini merupakan 134 wanita berusia 30-60 tahun yang berstatus sebagai ibu tunggal karena kematian pasangan dan telah ditinggal berpulang oleh pasangan minimal 2 tahun. Penelitian ini merupakan penelitian kuantitatif yang menggunakan teknik *non-probability sampling*. Pengumpulan sampel dilakukan dengan metode *convenience sampling*. Metode pengumpulan data pada skala harga diri dan skala resiliensi menggunakan skala *Likert*. Koefisien reliabilitas yang dihasilkan melalui proses uji coba pada skala harga diri sebesar *(α)* 0,823 dan skala resiliensi sebesar *(α)* 0,833. Teknik analisis data dilakukan dengan teknik korelasi *Spearman's Rho* karena data tidak terdistribusi secara normal. Hasil uji korelasi variabel harga diri dan resiliensi menunjukkan korelasi yang positif dengan skor koefisien korelasi sebesar 0,655 dan nilai signifikansi sebesar 0,000 *(p < 0,05)*. Berdasarkan hasil tersebut, dapat disimpulkan bahwa terdapat hubungan yang positif dan signifikan antara harga diri dan resiliensi pada ibu tunggal pasca kematian pasangan.

Kata kunci: harga diri, ibu tunggal pasca kematian pasangan, resiliensi

ABSTRACT

Permatasari, Dienti Cahya. 2024. The Relationship Between Self-esteem and Resilience in Single Mothers After the Death of A Spouse. *Thesis.* Yogyakarta: Psychology, Psychology Faculty, Sanata Dharma University.

This study aimed to determine the relationship between self-esteem and resilience in single mothers after the death of a spouse. The hypothesis proposed in this study is that there is a positive relationship between self-esteem and resilience in single mothers after the death of a spouse. The subjects in this study were 134 women aged 30-60 years who were single mothers due to the death of a spouse and had been left by their spouse for at least 2 years. This study is a quantitative correlational study using a non-probability sampling techniques. Sample collection was carried out using the convenience sampling method. The method of collecting data on the self-esteem scale and resilience scale used the Likert scale. The reliability coefficient produced through the trial process on the self-esteem scale was (α) 0.823 and the resilience scale was (α) 0.833. The data analysis technique was carried out using the Spearman's Rho correlation technique because the data was not normally distributed. The results of the correlation test of the self-esteem and resilience variables showed a positive correlation with a correlation coefficient score of 0.655 and a significance value of 0.000 (p < 0.05). Based on these results, it can be concluded that there is a positive and significant relationship between self-esteem and resilience in single mothers after the death of a partner.

Keywords: resilience, self-esteem, single mothers after the death of a partner.