

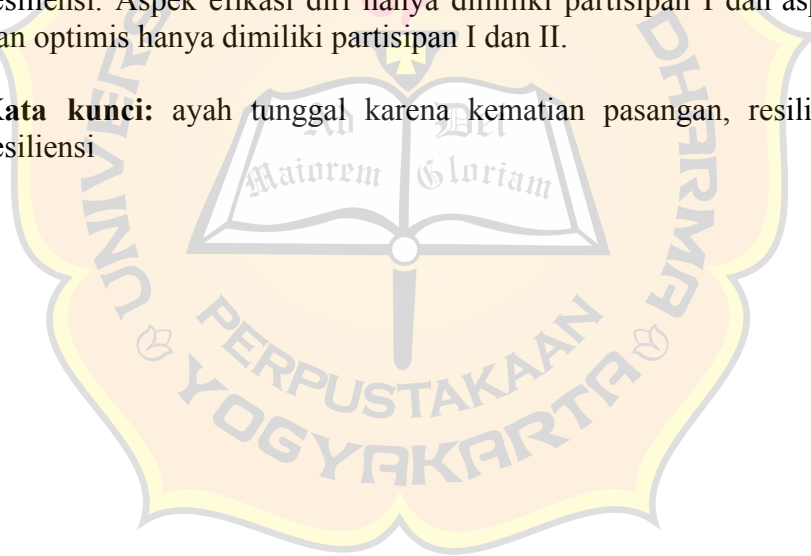
ABSTRAK

RESILIENSI PADA SINGLE FATHER

Michael Mario Aryaputra
Universitas Sanata Dharma
2024

Penelitian ini bertujuan untuk mengetahui gambaran resiliensi pada ayah tunggal setelah kematian pasangannya. Peneliti menggunakan metode penelitian kualitatif dengan metode analisis tematik. Partisipan penelitian berjumlah 3 orang yang merupakan seorang ayah tunggal yang disebabkan karena kematian pasangan nya. Peneliti menggunakan metode wawancara semi terstruktur dalam proses pengambilan data. Uji validitas data menggunakan menggunakan teknik member checking dan uji reliabilitas data menggunakan cross checking. Hasil penelitian menunjukkan bahwa dalam mengetahui gambaran resiliensi pada ayah tunggal terdapat delapan aspek, diantaranya regulasi emosi, pengendalian dorongan, analisis kausal, efikasi diri, realistis dan optimis, empati, keterjangkauan dan spiritualitas. Berdasarkan aspek tersebut, tidak semua partisipan memiliki delapan aspek resiliensi. Aspek efikasi diri hanya dimiliki partisipan I dan aspek realistis dan optimis hanya dimiliki partisipan I dan II.

Kata kunci: ayah tunggal karena kematian pasangan, resiliensi, aspek resiliensi



ABSTRACT

RESILIENCY IN SINGLE FATHERS

Michael Mario Aryaputra
Universitas Sanata Dharma
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This study aims to determine the description of resilience in single fathers after the death of their spouses. Researchers used qualitative research methods with thematic analysis methods. The research participants amounted to 3 people who were single fathers due to the death of their spouses. Researchers used a semi-structured interview method in the data collection process. The data validity test uses member checking techniques and the data reliability test uses cross checking. The results showed that in knowing the description of resilience in single fathers there are eight aspects, including emotion regulation, impulse control, causal analysis, self-efficacy, realistic and optimistic, empathy, affordability and spirituality. Based on these aspects, not all participants have all eight aspects of resilience. The self-efficacy aspect is only owned by participant I and the realistic and optimistic aspects are only owned by participants I and II.

Keywords: *single fathers due to partner death, resilience, aspect of resilience*

