

## ABSTRAK

Axelia, M. I. S. S. (2026). Hubungan Antara Harga Diri dan Strategi *Coping* pada Ibu Tunggal di Indonesia. *Skripsi*. Yogyakarta: Psikologi, Fakultas Psikologi, Universitas Sanata Dharma.

Ibu tunggal di Indonesia sering menghadapi tekanan, seperti menjalankan peran ganda sebagai pencari nafkah sekaligus pengasuh utama di tengah stigma sosial dan tekanan ekonomi serta psikologis, maka perlu adanya harga diri untuk penggunaan strategi *coping*. Penelitian ini bertujuan untuk mengetahui hubungan antara harga diri dan strategi *coping* pada ibu tunggal di Indonesia. Penelitian ini menggunakan metode kuantitatif korelasi dengan melibatkan 163 partisipan ibu tunggal yang telah bercerai atau ditinggal meninggal oleh suami dalam rentang waktu 20 bulan hingga 10 tahun. Pengumpulan data dilakukan menggunakan skala adaptasi *State Self-Esteem Scale* milik Heatherton & Polivy (1991) ( $\alpha=0,819$ ) dan *Brief Cope* milik Carver (1997) ( $\alpha=0,952$ ). Analisis data menggunakan uji korelasi non parametrik *Spearman's Rho* dikarenakan persebaran data yang tidak normal. Hasil penelitian menunjukkan bahwa terdapat hubungan positif yang signifikan antara harga diri dan strategi *coping* adaptif pada ibu tunggal ( $r = 0,384, \rho = < .001$ ) dan terdapat hubungan yang negatif yang signifikan antara harga diri dan strategi *coping* maladaptif pada ibu tunggal ( $r = -0,207, \rho = 0,008$ ). Namun, kekuatan hubungan tergolong lemah dengan harga diri berkontribusi sebesar 14,7% terhadap strategi *coping* adaptif dan sebesar 4,3% terhadap strategi *coping* maladaptif.

**Kata kunci:** harga diri, strategi *coping*, ibu tunggal

## **ABSTRACT**

*Axelia, M. I. S. S. (2026). The Relationship Between Self-Esteem and Coping Strategies of Single Mothers in Indonesia. Thesis. Yogyakarta: Psychology, Faculty of Psychology, Sanata Dharma University.*

*Single mothers in Indonesia frequently face multiple stressors, such as carrying a dual role as breadwinner and primary caregiver amid social stigma and economic as well as psychological pressures, thus highlighting the need for self-esteem in the utilization of coping strategies. This study aims to examine the relationship between self-esteem and coping strategies among single mothers in Indonesia. A quantitative correlational method was employed, involving 163 single mothers who were divorced or widowed within a period of 20 months to 10 years. Data were collected using the adapted State Self-Esteem Scale by Heatherton & Polivy (1991) ( $\alpha=0,819$ ) and the Brief COPE by Carver (1997) ( $\alpha=0,952$ ). Data analysis was conducted using Spearman's Rho non-parametric correlation test due to the non-normal distribution of the data. The results revealed a significant positive relationship between self-esteem and adaptive coping strategies among single mothers ( $r = 0.384, \rho < .001$ ), and a significant negative relationship between self-esteem and maladaptive coping strategies among single mothers ( $r = -0.207, \rho = 0.008$ ). However, the strength of the relationship was weak, with self-esteem accounting for 14.7% of adaptive coping strategies and 4.3% of maladaptive coping strategies.*

*Keywords: self-esteem, coping strategies, single mothers*