

ABSTRAK

Hardani, Benedicta Yunisa. 2026. Pengalaman *Psychological Well-Being* pada *Single Mother* Pasca-Perceraian. Skripsi. Yogyakarta: Psikologi, Fakultas Psikologi, Universitas Sanata Dharma.

Penelitian ini bertujuan untuk mengeksplorasi pengalaman kesejahteraan psikologis yang dialami ibu tunggal pasca-perceraian dalam konteks latar belakang pendidikan tinggi dan bekerja. Dalam penelitian ini pengumpulan data menggunakan metode wawancara, khususnya wawancara semi terstruktur. Pendekatan fenomenologis digunakan untuk memahami pengalaman subjektif ibu tunggal dalam menjalani kehidupan pasca-perceraian. Analisis tematik menjadi metode analisis data dalam penelitian ini. Informan dalam penelitian ini merupakan lima ibu tunggal dengan kriteria berusia 30-55 tahun, lama perceraian minimal 1 tahun, latar belakang pendidikan minimal SMA, memiliki pekerjaan tetap, dan mengasuh anak. Hasil penelitian menunjukkan bahwa ibu tunggal menghadapi banyak tantangan, seperti tantangan finansial, emosional, stigma sosial, dan tanggung jawab pengasuhan anak. Meskipun demikian, kelima informan menunjukkan upaya untuk mempertahankan kesejahteraan psikologis dengan penerimaan diri, dukungan sosial, religiusitas, serta perkembangan diri. Perceraian tidak selalu berdampak negatif secara permanen, melainkan dapat menjadi proses pembelajaran dan pertumbuhan pribadi bagi ibu tunggal.

Kata kunci: *psychological well-being*, ibu tunggal, perceraian, fenomenologi.

ABSTRACT

Hardani, Benedicta Yunisa. 2026. *The Psychological Well-Being Experiences Among Single Mothers Post-Divorce*. Thesis. Yogyakarta: Faculty of Psychology, Sanata Dharma University.

This study aims to explore the experiences of psychological well-being among single mothers after divorce in the context of their educational and occupational backgrounds. In this study, data were collected through interviews, specifically semi-structured interviews. A phenomenological approach was used to understand the subjective experiences of single mothers in navigating life after divorce. Thematic analysis served as the data analysis method in this study. The informants in this study were five single mothers meeting the following criteria: aged 30–55 years, at least one year since divorce, a minimum educational background of high school, holding a steady job, and raising children. The results of the study indicate that single mothers face numerous challenges, such as financial and emotional challenges, social stigma, and the responsibility of raising children. Nevertheless, all five informants demonstrated efforts to maintain psychological well-being through self-acceptance, social support, religious support, and personal development. Divorce does not always have a permanent negative impact; rather, it can serve as a process of learning and personal growth for single mothers.

Keywords: *psychological well-being, single mothers, divorce, phenomenology.*

