

ABSTRAK

Nindasari, Anastasia Gyasti. 2026. Makna Pengalaman Merawat Orang Tua pada Dewasa Madya yang Bekerja dan Berkeluarga. *Skripsi*. Yogyakarta: Psikologi, Fakultas Psikologi, Universitas Sanata Dharma.

Penelitian ini bertujuan untuk mengeksplorasi makna pengalaman merawat orang tua pada dewasa madya yang bekerja dan berkeluarga. Penelitian ini menggunakan metode kualitatif dengan melibatkan empat individu dewasa madya yang memiliki rentang usia 40-60 tahun, sedang maupun telah merawat orang tua selama minimal satu tahun, bekerja, dan berkeluarga. Metode pengambilan data menggunakan wawancara semi-terstruktur, kemudian dianalisis menggunakan metode analisis tematik. Hasil temuan dari penelitian ini dibagi menjadi empat tema besar yang menjawab pertanyaan penelitian. Tema pertama mengenai ketegangan peran dalam merawat yang meliputi subtema transisi antarperan yang berdekatan, kekhawatiran meninggalkan orang tua, meninggalkan tugas dan tanggung jawab pekerjaan, dan berkurangnya waktu berkualitas bersama keluarga inti. Tema kedua yaitu upaya untuk mengurangi ketegangan peran yang meliputi subtema memberi jeda dan melakukan antisipasi. Tema ketiga yaitu dukungan sosial yang meliputi subtema dukungan instrumental dan dukungan emosional. Temuan keempat yaitu makna pengalaman merawat yang meliputi subtema mengenal orang tua lebih dekat, merawat sebagai sepenuh diri sebagai wujud tanggung jawab, merawat sebagai perwujudan iman di tengah batas kesabaran, keberkahan dalam merawat, dan sarana mewariskan nilai bakti kepada anak. Pengalaman merawat orang tua tidak hanya dipahami sebagai bentuk pemenuhan peran, tetapi juga menjadi proses pembentukan makna dalam kehidupan para partisipan.

Kata Kunci: dewasa madya, perawatan orang tua, pengalaman merawat, makna pengalaman merawat

ABSTRACT

Nindasari, Anastasia Gyasti. 2026. The Meaning of the Experience of Caring for Parents Among Middle-Aged Adults Who Work and Have Families. *Thesis*. Yogyakarta: Psychology, Psychology Faculty, Sanata Dharma University.

This study aims to explore the meaning of the experience of caring for elderly parents among middle-aged adults who are employed and have families. This study employed a qualitative method involving four middle-aged individuals aged 40–60 who were currently caring for or had cared for their parents for at least one year, were employed, and were married with families. Data were collected through semi-structured interviews and analyzed using thematic analysis. The findings of this study were organized into four major themes that address the research questions. The first theme concerns role conflict in caregiving, which includes the subthemes of transitioning between overlapping roles, concerns about leaving one's parents, setting aside work duties and responsibilities, and a reduction in quality time with the nuclear family. The second theme is efforts to reduce role conflict, which includes the subthemes of taking breaks and planning ahead. The third theme is social support, which includes the subthemes of instrumental support and emotional support. The fourth finding concerns the meaning of the caregiving experience, encompassing the subthemes of getting to know one's parents more closely; caregiving as a wholehearted fulfillment of responsibility; caregiving as an expression of faith amid the limits of patience; the blessings found in caregiving; and a means of passing on the value of filial piety to one's children. The experience of caring for parents is not only understood as a form of role fulfillment but also as a process of meaning-making in the participants' lives.

Keywords: *middle adulthood, caring for parents, caregiving experience, the meaning of caregiving experiences*