

ABSTRAK

PAMELA OCTAVIANY, 2011. *Stressor, Stress, dan Coping Stress Menjelang Pernikahan Pada Wanita yang Bekerja* (dibimbing oleh Winanti Siwi Respati, Dra. Psi, dan Safitri, Dra. Msi.).

Mempersiapkan pernikahan adalah situasi yang *stressful*. Ada banyak *stressor* yang dapat memicu *stress* menjelang pernikahan, yaitu *stressor* fisik, ekonomi, psikologis, dan sosial. Keempat *stressor* ini memicu *stress* yang reaksinya terlihat dalam berbagai reaksi, yaitu fisik (biologis), psikologis, dan psikososial. Seorang karyawan yang akan menikah dapat mengatasi *stress* ini dengan cara melakukan *coping stress*, agar kelangsungan pernikahan tersebut dapat berjalan lancar sesuai harapan dirinya, pasangan, dan keluarganya.

Penelitian ini menggunakan pendekatan deskriptif kualitatif. Tujuannya adalah untuk menggambarkan *stressor*, reaksi *stress*, serta *coping stress* pada wanita bekerja yang sedang mempersiapkan pernikahan. Teknik pengambilan sampel dilakukan dengan metode *non-probability sampling (purposive sampling)*. Sampel dipilih berdasarkan kriteria tertentu, yaitu wanita bekerja yang sedang mempersiapkan pernikahan dan berdomisili di Jakarta. Pengumpulan data dilakukan dengan cara wawancara mendalam (*depth interview*) dan observasi. Dari hasil wawancara dan observasi diolah ke dalam bentuk verbatim, koding, kategori, dan interpretasi.

Berdasarkan hasil penelitian disimpulkan bahwa *stressor* yang dialami oleh ketiga subjek adalah *stressor* ekonomi dan psikologis, sedangkan *stressor* fisik dan sosial hanya dialami oleh dua dari tiga subjek penelitian ini. Reaksi *stress* yang dialami oleh ketiga subjek muncul dalam tiga bentuk, yaitu fisik, psikologis, dan psikososial. Sementara itu, *coping stress* yang dilakukan oleh ketiga subjek adalah dengan menggunakan gabungan metode *problem-focused coping* dan *emotion-focused coping*. Dengan melakukan strategi *coping stress* tersebut, ketiga subjek dapat bertahan menghadapi *stress* menjelang pernikahan yang sedang mereka alami, serta dapat melangsungkan persiapan pernikahan mereka dengan baik.

ABSTRACT

PAMELA OCTAVIANY, 2011. *Stressor, Stress, and Coping Stress Before Marriage on Working Women* (guided by Winanti Siwi Respati, Dra. Psi, and Safitri, Dra. Msi.).

Preparing a marriage is a stressful situation. There are many stressors that can trigger stress before marriage, such as physical stressor, economical stressor, psychological stressor, and social stressor. These stressors can trigger stress, which reactions can be seen in a few reactions, such as physical (biological), psychological, and psychosocial. A working woman who is going to be married can intervere with this kind of stress by doing the coping stress, so that the marriage could last according to her spouse, her family, and her own expectation.

This research use the qualitative descriptive method. Its purpose is to describe the stressor, stress reactions, and coping stress which happened on working woman who is preparing their marriage. The sample-making technique is done by non-probability sampling (purposive sampling) method. Sample is chosen by some criteria, which is working woman who lives in Jakarta and currently preparing for a marriage. Data is obtained by doing depth interview and observation. Then the result is processed to the form of verbatim, coding, categories, and interpretation.

By the research's result, researcher can conclude that the stressors which are faced by the three subjects are economical and psychological stressors, meanwhile physical and social stressors are only faced by two of three subjects of this research. The stress reactions experienced by the three subjects appear in three forms, which are physical, psychological, and psychosocial reactions. The coping stress strategies which used by the three subjects are the combination of problem-focused coping and emotion-focused coping method. By doing the coping stress strategies, the three subjects can cope through the stress before marriage and can prepare their marriage in well condition.