

Abstrak

Penelitian ini bertujuan untuk menggambarkan resiliensi pada remaja yang tinggal di panti asuhan dan telah mengalami kehilangan ibu. Kehilangan sosok ibu merupakan pengalaman emosional yang signifikan dan dapat menimbulkan berbagai tantangan psikologis, terutama pada masa remaja. Penelitian menggunakan pendekatan kualitatif dengan metode fenomenologi untuk mendeskripsikan pengalaman subjektif subjek dalam menghadapi kehilangan tersebut. Subjek penelitian berjumlah dua orang remaja berusia 16 tahun yang tinggal di Panti Asuhan Kesejahteraan Sosial Anak Harapan Kita, Kota Bandung. Data dikumpulkan melalui wawancara semi terstruktur dan observasi, kemudian metode analisis yang digunakan yaitu member-checking. Hasil penelitian ini menunjukkan bahwa kedua subjek merupakan individu yang dapat dikatakan memiliki kemampuan resiliensi dengan faktor-faktor yang membantu proses resiliensi masing-masing subjek yaitu faktor *I have* (Sumber Dukungan Eksternal), *I am* (Kemampuan Individu) dan *I can* (Kemampuan Sosial). Beberapa faktor lain yang muncul pada kedua subjek yaitu *emotion regulation*, *impulse control*, *casual analysis*, *emphaty*, *self-efficacy* dan *reaching out*. Kedua subjek memunculkan karakterinsik individu yang beresiliensi pada diri subjek yaitu refleksi, terbuka dalam mengekspresikan kesedihan dan emosi, lebih berhati-hati sehingga tampak lebih tertutup.

Kata Kunci : *resiliensi, remaja, kematian ibu.*

Abstract

This study aims to describe resilience in adolescents living in orphanages and have experienced the loss of a mother. Losing a mother figure is a significant emotional experience and can cause various psychological challenges, especially in adolescence. The study used a qualitative approach with a phenomenological method to describe the subjective experience of the subject in dealing with the loss. The subjects of the study were two 16-year-old adolescents living in the Harapan Kita Children's Social Welfare Orphanage, Bandung City. Data were collected through semi-structured interviews and observations, then the analysis method used was member-checking. The results of this study indicate that both subjects are individuals who can be said to have resilience abilities with factors that help the resilience process of each subject, namely the I have factor (External Support Sources), I am (Individual Ability) and I can (Social Ability). Several other factors that emerged in both subjects were emotion regulation, impulse control, casual analysis, empathy, self-efficacy and reaching out. Both subjects showed the characteristics of individuals who were resilient in the subjects, namely reflection, openness in expressing sadness and emotions, more careful so that they appeared more closed.

Keywords : *mother's death, adolescents, resilience.*

