

Abstrak

Penelitian ini menggambarkan *coping mechanisms* pada ibu tunggal pasca menghadapi fenomena *married by accident* pada anak. Peristiwa tersebut menjadi stresor yang memunculkan tekanan psikologis, stigma sosial, serta tuntutan peran ganda sebagai orang tua tunggal. Penelitian ini menggunakan pendekatan kualitatif dengan metode studi kasus melalui wawancara mendalam, observasi, dan triangulasi terhadap satu ibu tunggal. Hasil penelitian menunjukkan bahwa subjek menggunakan kombinasi *problem focused coping* dan *emotion focused coping*. Pada dimensi *problem focused coping*, subjek menerapkan *seeking social support* dengan mencari dukungan dari orang terdekat, *confrontative coping* melalui upaya menghadapi dan menegur anak secara langsung, serta *planful problem solving* dengan menyusun langkah penyelesaian masalah dan meningkatkan pengawasan terhadap anak. Pada dimensi *emotion focused coping*, subjek menunjukkan *self-controlling* melalui aktivitas religius untuk mengelola emosi, *accepting responsibility* dengan menerima tanggung jawab sebagai ibu, *escape avoidance* melalui pembatasan interaksi sosial dan pengalihan perhatian, serta *positive reappraisal* dengan memaknai pengalaman sebagai pembelajaran hidup. Temuan menunjukkan bahwa penggunaan berbagai strategi coping membantu subjek beradaptasi dengan tekanan dan tetap menjalankan perannya sebagai ibu tunggal.

Kata kunci: *coping mechanism*, ibu tunggal, *married by accident*

Abstract

This study describes the coping mechanisms of single mothers after facing the phenomenon of marriage by accident in children. This event becomes a stressor that gives rise to psychological pressure, social stigma, and the demands of dual roles as single parents. This study uses a qualitative approach with a case study method through in-depth interviews, observation, and triangulation with one single mother. The results show that the subject uses a combination of problem-focused coping and emotion-focused coping. In the problem-focused coping dimension, the subject applies seeking social support by seeking support from those closest to them, confrontative coping by directly confronting and reprimanding the child, and planful problem-solving by developing problem-solving steps and increasing supervision of the child. In the emotion-focused coping dimension, the subject demonstrates self-control through religious activities to manage emotions, accepting responsibility by accepting responsibilities as a mother, escape avoidance by limiting social interactions and diverting attention, and positive reappraisal by interpreting the experience as a life lesson. The findings indicate that the use of various coping strategies helps the subject adapt to stress and continue to fulfill her role as a single mother.

Keywords: coping mechanism, single mother, married by accident.

