## Abstrak

Meningitis *tuberculosis* merupakan penyakit yang tidak hanya berdampak pada kondisi fisik, tetapi juga dapat memengaruhi kondisi psikologis dan kehidupan sosial individu, sehingga individu perlu menghadapi perubahan dan keterbatasan selama pengobatan dan pemulihan. Dalam kondisi tersebut, resiliensi merupakan proses individu dalam menghadapi kesulitan, menyesuaikan diri, dan berkembang setelah mengalami situasi penuh tekanan. Penelitian ini bertujuan untuk mengetahui proses resiliensi pada wanita dewasa awal penyintas meningitis *tuberculosis*. Penelitian ini menggunakan metode kualitatif dengan pendekatan fenomenologi. Subjek penelitian terdiri atas satu orang wanita dewasa awal penyintas meningitis *tuberculosis* dan satu orang *significant other* sebagai sumber data pendukung. Hasil penelitian menunjukkan bahwa proses resiliensi AMR terutama berlangsung pada proses menghadapi adversitas *(deal with adversity)*, mengatasi adversitas *(overcome adversity)*, belajar dari adversitas *(learn from adversity) dan* mengalami transformasi akibat adversitas *(be transformed by adversity)*. Pada proses menjalani masa sulit, AMR menghadapi kondisi kesehatan yang berat, keterbatasan fisik, ketergantungan terhadap orang lain, tuntutan pengobatan, dan tekanan emosional. Proses tersebut didukung oleh *I Have* berupa dukungan sosial yang diperoleh dari lingkungan terdekat, *I Am* berupa kekuatan dan sikap positif yang bersumber dari dalam diri individu, serta *I Can* berupa kemampuan mengelola emosi, berkomunikasi, meminta bantuan, menyesuaikan aktivitas, menyelesaikan masalah, dan mengambil keputusan. Pada proses belajar dari kesulitan, AMR mampu menerima keterbatasan, menyesuaikan diri, mempertahankan tujuan dan harapan hidup, serta kembali menjalankan peran sebagai ibu dan istri. AMR juga mampu menyelesaikan pendidikan magister, mengembangkan usaha, dan memberikan dukungan kepada penyintas lain berdasarkan pengalaman yang dilaluinya. Dengan demikian, proses resiliensi AMR berkembang melalui kemampuan menghadapi kesulitan, memanfaatkan dukungan, beradaptasi, memulihkan keberfungsian, dan memaknai pengalaman meningitis tuberculosis sebagai pembelajaran.



**Kata Kunci** : *Resiliensi, Wanita Dewasa Awal, Penyintas, Meningitis Tuberculosis*



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**Abstract**

Tuberculous meningitis is a disease that affects not only physical health but also psychological well-being and social functioning, requiring individuals to cope with changes and limitations throughout treatment and recovery. In this context, resilience is understood as a process through which individuals face adversity, adapt to difficult circumstances, and grow after experiencing stressful situations. This study aimed to examine the resilience process in an early adult woman who survived tuberculous meningitis. This study employed a qualitative method with a phenomenological approach. The participants consisted of one early adult woman who survived tuberculous meningitis and one significant other as a supporting source of data. The findings showed that AMR's resilience process primarily occurred through living through adversity and learning from adversity, while preparing for adversity was not strongly identified because the illness occurred suddenly without prior preparation. During the process of living through adversity, AMR faced severe health conditions, physical limitations, dependence on others, treatment demands, and emotional distress. This process was supported by I Have, reflected in the social support obtained from the individual's immediate environment; I Am, reflected in inner strength and positive attitudes; and I Can, reflected in the ability to regulate emotions, communicate, seek assistance, adjust activities, solve problems, and make decisions. In the process of learning from adversity, AMR was able to accept her limitations, adapt to her circumstances, maintain her goals and hopes for life, and resume her roles as a mother and wife. AMR also completed her master's degree, developed new endeavors, and provided support to other survivors based on her experiences. Thus, AMR's resilience process developed through her ability to cope with adversity, utilize social support, adapt to limitations, restore functioning, and derive meaning from her experience of tuberculosis meningitis as a source of learning.

**Keywords:** *Resilience, Emerging Adult Woman, Survivor, Tuberculous Meningitis*

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