Abstrak

Peran psikolog sangat dibutuhkan untuk memberikan pelayanan bagi korban CSA (Child Sexual Abuse) yang cenderung mengalami trauma. Penanganan kasus berat seperti CSA tentu menimbulkan stres bagi para psikolog. Namun, sebagai seorang psikolog, perlu memiliki *coping stress* agar bisa tetap stabil dan mampu menangani klien secara profesional. Penelitian ini bertujuan untuk mengetahui bagaimana gambaran *coping stress* yang digunakan oleh psikolog yang menangani kasus CSA. Penelitian ini menggunakan metode kualitatif fenomenologis dengan subjek; 3 orang psikolog yang bergabung dengan Yayasan Jari. Teknik analisis data yang digunakan adalah teknik IPA (*Interpretative Phenomenological Analysis*). Hasil penelitian menunjukkan bahwa psikolog yang menangani kasus CSA menggunakan kedua kategori *coping stress*, baik PFC (*problem focused coping*) ataupun EFC (*emotional focused coping*) dengan jenis stress coping yang paling banyak digunakan yaitu *planful problem solving* dan *self-controlling*

Kata Kunci : *Child Sexual Abuse (CSA), coping stress, psikolog.*

Abstract

The role of the psychologist is needed to provide services for victims of CSA (Child Sexual Abuse) who tend to experience trauma. Handling severe cases such as CSA is certainly stressful. However, as a psychologist, it is necessary to have coping stress in order to remain stable and able to handle clients professionally. This study aims to find out how coping stress is used by psychologists who handle CSA cases. This research uses phenomenological qualitative methods with subjects; 3 psychologists who joined the Jari Foundation. The data analysis technique used is the IPA (Interpretative Phenomenological Analysis) technique. The results showed that psychologists who handle CSA cases use both categories of stress coping, both PFC (problem focused coping) and EFC (emotional focused coping) with the most widely used types of stress coping is planned problem solving and self-controlling.

Keywords : *Child Sexual Abuse (CSA), coping stress, psychologist.*