ABSTRAK

STRATEGI *COPING* PADA MAHASISWI YANG MENGALAMI *FATHERLESS*

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Strategi *coping* merupakan kemampuan yang penting dimiliki oleh mahasiswi, terutama bagi mereka yang mengalami kondisi *fatherless*. Penelitian ini bertujuan untuk mengidentifikasi strategi *Coping* yang dilakukan mahasiswi yang mengalami *Fatherless*. Metode yang digunakan adalah studi kasus kualitatif yang melibatkan 4 responden. Pengambilan sampel ditentukan secara *purposive sampling* dengan alat pengumpulan data yang dilakukan melalui wawancara semi terstruktur dan analisis data dibantu menggunakan *software* ATLAS.TI 9. Hasil penelitian ini terdapat 12 strategi *Coping* mahasiswi yang mengalami *Fatherles,* yaitu *confrontative Coping, seeking social support*, *planful problem solving*, *positive reappraisal accepting responsibility*, *self controlling*, *Distancing*, *escape avoidance*, *personal growth*, *emotion regulation*, *attachment substitution*, dan *attachment based*. Berdasarkan hasil penelitian ini, mahasiswi yang mengalami *fatherless* juga dapat memperoleh gambaran strategi *coping* yang bermanfaat untuk membantu mereka dalam menghadapi situasi tersebut.

Kata Kunci: *Fatherless*, Strategi *Coping*, Perempuan Dewasa Awal

ABSTRACT

COPING STRATEGIES IN FEMALE COLLEGE STUDENTS EXPERIENCING FATHERLESS NESS

By

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Coping strategies are essential skills for female college students, especially for those experiencing fatherless ness. This study aims to identify the coping strategies employed by female students who experience fatherless ness. A qualitative case study method was used, involving four respondents selected through purposive sampling. Data were collected through semi-structured interviews and analyzed using ATLAS.TI 9 software. The findings revealed twelve coping strategies used by the participants: confrontative coping, seeking social support, planful problem solving, positive reappraisal, accepting responsibility, self-controlling, Distancing, escape avoidance, personal growth, emotion regulation, attachment substitution, and attachment-based coping. Based on these findings, female students who experience fatherless ness may gain insight into useful coping strategies to help them deal with their circumstances.

Keywords: Fatherless ness, Coping Strategies, Female Emerging Adults