

## **ABSTRAK**

### **PERAN DUKUNGAN KELUARGA DALAM PEMBENTUKAN RESILIENSI REMAJA LULUSAN SARJANA DI DESA SPONTAN 2 KECAMATAN BANDAR SURABAYA**

Oleh

**INDIRA MULYA SAHRI**

Transisi remaja akhir menuju masa dewasa pasca kelulusan sarjana merupakan fase kritis yang kerap diwarnai ketidakpastian, tekanan sosial, dan tuntutan ekonomi. Kondisi tersebut menuntut individu memiliki resiliensi agar mampu beradaptasi secara positif terhadap tantangan masa depan. Dalam konteks kehidupan sosial pedesaan, dukungan keluarga berpotensi memainkan peran penting dalam membentuk ketangguhan remaja sarjana yang belum memperoleh pekerjaan. Penelitian ini bertujuan untuk mengetahui dan mendeskripsikan peran dukungan keluarga dalam pembentukan resiliensi remaja akhir lulusan S1 di Desa Spontan 2 Kecamatan Bandar Surabaya. Penelitian menggunakan pendekatan kualitatif dengan metode deskriptif, di mana enam informan dipilih melalui teknik purposive sampling, terdiri dari remaja perempuan lulusan S1 yang belum bekerja dan masih tinggal bersama keluarga. Pengumpulan data dilakukan melalui wawancara mendalam dan observasi, lalu dianalisis menggunakan teknik analisis interaktif Miles dan Huberman yang meliputi reduksi data, penyajian data, dan penarikan kesimpulan. Hasil penelitian menunjukkan bahwa keluarga berperan dalam membentuk resiliensi remaja melalui empat bentuk dukungan utama: (1) validasi emosional berupa perhatian, empati, dan motivasi; (2) dukungan instrumental seperti bantuan biaya, akomodasi, dan fasilitas pendukung; (3) dukungan informatif melalui nasihat adaptif yang mengarahkan pola pikir; serta (4) penghargaan berupa pujian dan pengakuan atas usaha yang memberi penguatan psikologis. Temuan ini mengindikasikan bahwa resiliensi tidak dimiliki secara alami, tetapi ditumbuhkan melalui interaksi suportif dalam keluarga. Implikasi penelitian menegaskan bahwa keluarga merupakan agen utama dalam memperkuat kemampuan adaptif remaja sarjana menghadapi ketidakpastian masa depan, sehingga dukungan terstruktur dan komunikatif perlu terus dikembangkan dalam lingkungan keluarga.

**Kata Kunci :** Resiliensi, Remaja Akhir, Dukungan keluarga, Lulusan Sarjana, Dukungan.

## **ABSTRACT**

### ***THE ROLE OF THE FAMILY SOCIAL ENVIRONMENT IN SHAPING THE RESILIENCE OF UNDERGRADUATE DEGREE GRADUATES IN SPONTAN 2 VILLAGE, BANDAR DISTRICT***

By

**INDIRA MULYA SAHRI**

*The transition of late adolescents into early adulthood after graduating from university is a critical phase often characterized by uncertainty, social pressure, and economic demands. This condition requires individuals to possess resilience in order to adapt positively to future challenges. Within the context of rural social life, family support plays a significant role in shaping the resilience of unemployed university graduates. This study aims to explore and describe the role of the family social environment in the formation of resilience among late adolescents who have completed their undergraduate studies in Desa Spontan 2, Bandar Surabaya District. This research employed a qualitative descriptive approach, involving six informants selected through purposive sampling, consisting of unemployed female undergraduate graduates who still live with their families. Data were collected through in-depth interviews and observation, and analyzed using Miles and Huberman's interactive analysis model, including data reduction, data presentation, and conclusion drawing. The findings reveal that families contribute to resilience formation through four main types of support: (1) emotional validation in the form of attention, empathy, and motivation; (2) instrumental support such as financial assistance, accommodation, and access to facilities; (3) informative support through adaptive advice that guides cognitive processes; and (4) appraisal support in the form of praise and recognition, which provides psychological reinforcement. These findings indicate that resilience is not naturally inherited but is nurtured through supportive interactions within the family. The implications of this research emphasize that families act as primary agents in strengthening the adaptive abilities of university graduates in facing future uncertainties, highlighting the need for structured and communicative support to be continuously developed within the family environment.*

**Keywords:** *Resilience, Late adolescence, Family support, University graduates, Social environment.*