

RESILIENSI AYAH *SINGLE PARENT*
(Studi Fenomenologi terhadap Ayah *Single Parent* Di Kota Cimahi)

SKRIPSI

Diajukan untuk memenuhi sebagian syarat memperoleh gelar Sarjana Pendidikan pada
Program Studi Pendidikan Sosiologi



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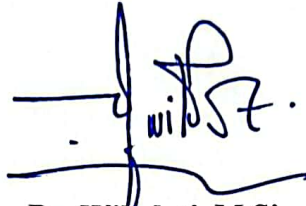
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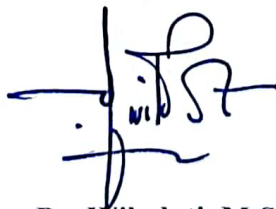
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ABSTRAK

Ayah *single parent* merupakan peran yang menantang sebab di dalamnya terdapat tanggung jawab besar, bukan hanya mencari nafkah, namun juga bertanggung jawab terhadap segala urusan rumah dan mengurus anak. Sayangnya masih sedikit penelitian yang menyoroti fenomena tersebut. Penelitian ini bertujuan untuk mendapatkan gambaran resiliensi yang dimiliki ayah *single parent* di Kota Cimahi dalam menjalankan perannya sehari-hari, sehingga dapat menjadi referensi dan acuan dalam membangun dukungan dan kemampuan bagi ayah *single parent* serta menjadi inspirasi bagi masyarakat luas khususnya ayah *single parent* di daerah lain. Penelitian ini menggunakan pendekatan kualitatif dengan metode fenomenologi, yaitu penelitian dengan cara menguraikan tujuan penelitian secara deskriptif agar didapatkan hasil yang mendalam dan komprehensif. Adapun teknik pengumpulan data yang digunakan yaitu melalui wawancara, observasi dan studi dokumentasi. Hasil penelitian mengungkapkan bahwa latar belakang terbentuknya resiliensi ayah *single parent* di Kota Cimahi berawal dari perceraian yang dialami dengan pasangan dan kemudian memegang hak asuh anak. Seluruh narasumber menunjukkan resiliensi yang baik dilihat dengan memiliki kemampuan regulasi emosi, sikap optimis, empati, efikasi diri yang baik, kemampuan mengontrol impuls, menganalisis masalah dan memiliki capaian dalam hidupnya. Kemudian resiliensi yang dimiliki juga berdampak terhadap kehidupan ayah *single parent* di Kota Cimahi yang mana berbeda ketika sebelum terbentuknya resiliensi, dampak tersebut mempengaruhi kemampuan mengatasi masalah, mengendalikan perasaan atau dorongan tindakan negatif, kemampuan bangkit kembali serta turut mempengaruhi tujuan hidup yang hendak dicapai.

Kata kunci: Ayah single parent, Kota Cimahi, perceraian, resiliensi

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ABSTRACT

Single parent father is a challenging role because there is a great responsibility in that role, not only to provide family, but also responsible to all household affairs and taking care of children. Unfortunately, there is a low amount of research that highlights this phenomenon. This study aims to get an overview of the resilience possessed by single parent fathers in Cimahi City in carrying out their daily roles, so it can become a reference and referral in building support and capabilities for single parent fathers as well as being an inspiration to the wider community, especially single parent fathers in other areas. This study uses a qualitative approach with phenomenological methods, which can describing research objectives descriptively in order to obtain in-depth and comprehensive results. The data collection techniques used are through interviews, observation and documentation studies. The results of the study revealed that the background for the formation of the resilience of single parent fathers in Cimahi City began with a divorce experienced by a partner and then holding child custody. All interviewees showed good resilience as seen by having the ability to regulate emotions, optimism, empathy, good self-efficacy, ability to control impulses, analyze problems and have achievements in life. Then the resilience that is owned also has an impact on the lives of single parent fathers in Cimahi City which is different from before the formation of resilience, this impact affects the ability to overcome problems, control negative feelings or impulses, the ability to bounce back and also influence the goals of life to be achieved.

Keywords: Single parent father, Cimahi City, Divorce, Resilience

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