

**RESILIENSI MURID DI SEKOLAH BERBASIS PONDOK PESANTREN
YANG KEHILANGAN ORANGTUANYA DI MASA PANDEMI COVID-19**

TESIS

Diajukan untuk memenuhi sebagian syarat untuk memperoleh gelar Magister Pendidikan
dalam Bidang Psikologi Pendidikan



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**RESILIENSI MURID DI SEKOLAH BERBASIS PONDOK PESANTREN
YANG KEHILANGAN ORANG TUA DI MASA PANDEMI COVID-19**

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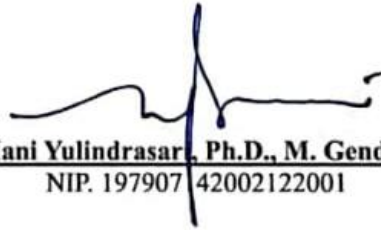
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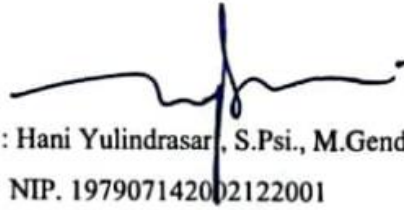
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ABSTRAK

Banyak pelajar yang kehilangan orang tua nya di masa pandemi Covid-19. Siswa yang mengalami kehilangan mendadak cenderung memiliki tingkat stres yang tinggi, merasa kesepian, dan memiliki perasaan negatif. Kehilangan orang yang dicintai akibat Covid-19 merupakan peristiwa traumatis karena kematian biasanya terjadi secara tiba-tiba. Untuk dapat pulih dari kesedihan, remaja perlu memiliki resiliensi yang baik. Oleh karena itu, penelitian ini bertujuan untuk mengetahui ketahanan santri di pesantren yang kehilangan orang tua nya di masa pandemi Covid-19. Metode kualitatif digunakan dalam penelitian ini untuk mengkaji topik ini. Responden terdiri dari satu perempuan dan dua laki-laki. Mereka berstatus mahasiswa saat diwawancarai, namun pada tahun 2021, saat mereka masih menjadi santri di sebuah pesantren, salah satu orang tuanya meninggal dunia saat pandemi Covid-19. Hasil yang ditemukan dalam penelitian ini menunjukkan bahwa responden telah melalui masa-masa yang cukup sulit sejak salah satu orang tuanya meninggal. Mereka harus beradaptasi dengan situasi baru. Meski demikian, mereka tetap berusaha beradaptasi dengan situasi sulit tersebut. Temuan penelitian ini juga menunjukkan faktor-faktor pendukung resiliensi pada diri masing-masing responden. Antara lain regulasi emosi, optimisme, empati, efikasi diri, harapan, humor, dan dukungan teman sebaya.

Kata Kunci: Resiliensi, Santri, Pondok Pesantren.

ABSTRACT

Many students lost their parents during the Covid-19 pandemic. Students who experience sudden loss tend to have high levels of stress, feel lonely, and have negative emotions. Losing a loved one due to Covid-19 is a traumatic event because death usually occurs suddenly. To recover from grief, adolescents need to have good resilience. Therefore, this study aims to understand the resilience of students in Islamic boarding schools who lost their parents during the Covid-19 pandemic. A qualitative method was used in this study to explore this topic. The respondents consisted of one female and two males. They were university students when interviewed, but in 2021, when they were still students at an Islamic boarding school, one of their parents passed away during the Covid-19 pandemic. The results found in this study indicate that the respondents have gone through quite difficult times since one of their parents passed away. They had to adapt to a new situation. Nevertheless, they still tried to adapt to the difficult situation. The findings of this research also show factors supporting resilience in each respondent. These include emotional regulation, optimism, empathy, self-efficacy, hope, humor, and peer support.

Keywords: Resilience, Student, Islamic Boarding School.

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