

## **ABSTRACT**

**Syndi C. Thehumury (705030059)**

**Stress and Stress Coping of Young Women Infected by HIV Positive (Niken Widiastuti, M. Si., Psi, and Meiske Y. Suparman, Psi.); S1 Psychology, University of Tarumanagara. (145 pages + i-viii, P1-P3, L1-L11).**

The focus of this research is about stress felt by young women infected by HIV positive and how they coped with it. Stress is a physically or psychologically overwhelming condition of a person, as a response to a stressor when there is a problem that couldn't be solved, which could weaken the body and vulnerable to disease. Thus there is a need for a certain way to cope with the stressors. The research was done by interviewing the subjects and conducted from October 2007 to June 2009. Amount of subjects interviewed in the research is five persons. The research shows that the subjects had stress caused by variety of problems such as information about them being infected by HIV, the death of spouse or any close family member, discrimination, and economic problem. The efforts that the five subjects did to cope with the stress are taking direct actions, seeking informations, engaging intrapychic efforts/ optimism and positive thinking, calling on other/ social support, and religion. With those copings, four of the five subjects managed to coped with the stress and are able to accept their infected condition.

Key words : Stress, Stress Coping, Women Infected by HIV