

ABSTRACT

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Coping Stress on The Mother whose a Single Child Died; (Niken Widiastuti, M. Si., psi); Undergraduate Program in Psychology. Tarumanagara University, (78 pages; R1-R3; Appdx. 1-15).

Lose a single child because of died is the difficult things to accepted and faced by parents. Death may provide a negative impact of stress, especially for mothers who have take pains birth, breastfeeding, and rearing her only child. Existential crisis for the next life can arise due to the stress experienced because loss of the child. Because of mothers helplessness in dealing the death of her son, the mother try to cope with the stress. This research was done to three subjects who have lost an only child. Research conducted with the method of interview is in progress for about three months, is from the date of March 03, 2009 until May 08, 2009. Results of research indicate that the loss of a single child causes the depth of stress for the victims. From three subjects, all of them applied a kind of emotion focused coping to deal with stress they experienced, particularly distancing, accepting-responsibility, positive reappraisal, seeking social support, escape-avoidance, and self-control. Third subject also implement instrumental strategies and proactive emotional regulation in the face of stress relief.

Keywords: Coping Stress and Mother whose a Single Child Died.