

ABSTRACT

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Stress Coping of Working Wife Whose Husband has been Laid-off: (Henny E. Wirawan, M. Hum, Psi., QIA); Undergraduate Program In Psychology. Tarumanagara University, (84 pages; P1-P4; L1-L14).

A wife who experienced her husband being laid-off is often experienced stress. This is caused by the effect from the laid-off itself, which is no income for the family. Wife is forced to find work and get extra income to keep the family daily needs. A working wife often experiences pressure and stress because of the smaller income she received compares to the husband's previous income. A working wife can experience pressure and stress also because of the incapability to take care of the household and because she has to leave her children to work. This research was done to five wives with age ranges from 20 to 30 years old. This research was done by interviewing the subjects occurred for the past six months, which is from 20th September 2008 until 2nd April 2009. The results show that working wives due to laid-off husband are experiencing stress both physically and psychologically. From all the five subjects, all five of them are currently coping with the stress they are experiencing right now. In common, the coping methods the five subjects use based on Lazarus' theory are coping reappraisal and social support.

Key words: Laid-off, Stress, Working Wife, Coping Stress